

# **THE ENCYCLOPEDIA OF CREATIVE COOKING**

**Compiled by Jane Solmson  
Edited by Charlotte Turgeon**

**WEATHERVANE BOOKS**  
New York



We would like to thank the National Marine Fishery Service, Department of Commerce, for their help in supplying us with some of the seafood pictures in this book.

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This 1985 edition is published by Weathervane Books,  
distributed by Crown Publishers, Inc., by arrangement with  
Ottenheimer Publishers, Inc.

Manufactured in Italy.

**Library of Congress Cataloging in Publication Data**  
Main entry under title:

The Encyclopedia of creative cooking.

Includes index.  
I. Cookery. I. Solmson, Jane. II. Turgeon,  
Charlotte Snyder, 1912-  
TX651.E55 1982 641.5 80-52823  
AACR2

ISBN: 0-517-309726  
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# APPETIZERS

## CANAPÉS

### brie-cheese canapés

- ¼ pound brie cheese
- ½ stick sweet butter
- 12 almonds
- 1 teaspoon peanut oil
- ¼ teaspoon curry powder
- ¼ teaspoon salt
- ¼ teaspoon pepper

#### Toasted white-bread squares

Allow cheese and butter to come to room temperature; mix together well.

Heat almonds in oil over low heat until toasted lightly; be careful, they burn easily. Drain on paper towels. Sprinkle with curry powder, salt, and pepper. Chop in nut grinder or pulverize in blender or food processor.

Add two-thirds of nuts to cheese. Spread mixture on toasted bread squares. Sprinkle tops with remaining chopped nuts. Yield 16 to 20.

### crab-meat spread

- 1 can (7½ ounces) king crab meat, drained, flaked
- 1 teaspoon prepared horseradish
- ½ teaspoon seasoned salt
- ¼ teaspoon lemon juice
- Dash of white pepper
- ½ cup plain yogurt

Combine crab meat, horseradish, salt, lemon juice, and pepper. Fold in yogurt. Cover; chill.

Use to spread on crackers as canapés, or use as a dip. Yield about 1 ¼ cups.

### seafood pretties

Cut fancy shapes (stars, diamonds, circles, etc.) from thinly sliced white, whole wheat, or rye bread. Spread with cream cheese or a favorite cheese spread; top with rolled smoked salmon, whitefish or salmon caviar, sardines, pickled herring, cooked lobster tail, or king crab. Garnish with additional cream cheese put through a pastry tube and bits of pimiento, green pepper, or ripe or stuffed olives. Arrange on a platter; garnish with watercress. Yield as desired.

### stuffed-olive canapés

- 1 loaf sliced bread
- Butter
- 5 ounces cream cheese, softened
- ⅛ teaspoon freshly ground pepper



*seafood pretties*

- ¼ teaspoon celery salt
- ¼ teaspoon lemon juice
- ½ teaspoon cream
- 1 bunch parsley
- 1 can pitted black olives, drained
- 1 small bottle pitted green olives

Preheat broiler.

Dip 1½-inch fluted cookie cutter in water; cut 24 rounds from bread slices. Wet cutter several times while cutting bread. Spread both sides of each bread round with butter. Place rounds on large baking sheet. Broil on each side until lightly browned. Reduce oven temperature to 225°F. Bake rounds until they are crisp and dry croutons.

Blend cream cheese with fork until fluffy. Stir in pepper, celery salt, and lemon juice, and cream until smooth. Stir in additional cream, if cream cheese mixture is too stiff for easy spreading.

Remove stems from parsley; chop leaves fine.

Spread 1 side of each crouton with cream-cheese mixture.

Spoon remaining cream-cheese mixture into pastry bag fitted with medium-size star tube. Pipe small dot of cream-cheese mixture in center of each crouton. Place olives securely in cream-cheese mixture. Pipe a rosette into and on top of each olive.

Cut remaining olives into petal shapes; insert into stuffed olives. Sprinkle parsley thickly onto each crouton base, as shown in illustration. These can be chilled a short time until ready to serve. Too long a period of refrigeration will cause croutons to become soggy. Yield 24.





*stuffed-olive canapés*

## CAVIAR

### caviar crown

- 1 jar (4 ounces) salmon caviar
- 1 jar (3½ ounces) whitefish caviar
- 2 packages (8 ounces each) cream cheese, softened
- 2 tablespoons lemon juice
- 2 tablespoons chopped green onion
- 1 teaspoon Worcestershire sauce
- Parsley

**Assorted party breads or melba toast**

Drain caviars.

Cream the cheese and seasonings. Place cheese mixture in center of serving plate. Shape into circle about 7 inches in diameter and 1 inch thick, similar to a layer cake. Cover a 4-inch circle in the center with salmon caviar. Cover the remaining 1½ inches on top and sides with whitefish caviar. Place small sprigs of parsley around edge of salmon caviar. (A ring of overlapping slices of tiny stuffed olives or a ribbon of cream cheese put through pastry tube can be substituted for parsley.) Garnish base of cheese mixture with parsley.

Serve with party breads or melba toast.

*Note: For large parties, fix several small crowns, using ½ recipe for each one.*

Divide cheese mixture in half. Make 2 cheese circles about 3½ inches in diameter and 1 inch thick. Cover 2-inch circle in center of each with salmon caviar and remaining outside edges with whitefish caviar. Proceed as directed above. Yield approximately 2 cups.

### caviar pie

- 3 hard-cooked eggs, finely chopped
- 5 tablespoons unsalted butter
- 1 tablespoon finely chopped Bermuda onion
- 1 jar (4½ ounces) red or black caviar, drained
- 1 cup dairy sour cream
- Assorted crackers
- Lemon wedges

Stir together eggs, butter, and onion.

Line small shallow dish or soup plate with plastic wrap. Press mixture into it. Refrigerate until mixture hardens.

Turn out mold; cover with caviar. Frost with sour cream.

Serve with crackers and lemon wedges. Yield: 8 to 10 servings as cocktail spread; 4 as first course.



### caviar rounds

- 2 cups sifted flour
- ¾ teaspoon salt
- 2½ teaspoons baking powder
- ⅓ cup shortening
- ½ cup Sourdough Starter (see Index)
- ½ cup milk (approximately)
- 1 cup caviar

Sift dry ingredients together. Cut in shortening until mixture is like coarse cornmeal. Add sourdough starter and enough milk to form a soft dough.

Roll or pat dough on floured board to ½ inch thick. Cut it with 1¼-inch-round biscuit cutter. Place half of biscuits on ungreased cookie sheet. With ¾-inch biscuit cutter cut centers from remaining circles. Place rings on tops of biscuits.

Bake rounds in 450°F oven 10 to 12 minutes or until golden brown. Remove from oven; fill center wells with caviar. Yield 20 rounds.



## CHEESE

### cheddar-cheese puffs

- 2 cups grated cheddar cheese
- ½ cup butter or margarine, softened
- 1 cup flour, sifted
- ½ teaspoon salt
- ½ teaspoon paprika
- 48 small green olives, stuffed with pimientos

Blend cheese with butter. Add flour, salt, and paprika; mix well. Mold 1 teaspoon dough around each olive to cover. At this point you can refrigerate or freeze puffs for up to 10 days.

Bake puffs at 400°F for 15 minutes. Serve hot. Yield 48.

### deluxe cheeseball

- ½ to 1 pound soft cheddar cheese (found in dairy stores) or cheddar cold pack, room temperature
- ½ pound cream cheese, room temperature
- 3 ounces pimiento cream cheese, room temperature
- 6 to 8 ounces crumbled blue cheese for salads, room temperature
- 2 tablespoons freshly grated or dry minced onion
- 1 teaspoon Worcestershire sauce
- Chopped nuts or paprika for garnish

Combine all ingredients except nuts or paprika in large bowl; mix thoroughly with heavy-duty mixer. Mixture is very thick, so lighter mixers may not be powerful enough unless all cheeses have been at room temperature for quite a few hours.

Refrigerate until firm enough to form into ball, apple, or even banana shape!

Garnish with paprika or nuts; decorate accordingly.

Rewrap in plastic wrap; refrigerate until serving. Yield 12 servings as an hors d'oeuvre.

### cheese crisps

- ½ pound cheddar cheese, grated (2 cups)
- ⅓ cup grated Parmesan cheese
- ½ cup butter or margarine, room temperature
- ¼ cup water
- ¾ cup whole-wheat pastry flour
- ⅓ cup all-purpose flour
- 1 tablespoon toasted wheat germ
- ¼ teaspoon salt
- Dash of cayenne (optional)
- 1 cup rolled oats
- ⅓ teaspoon paprika

Thoroughly blend cheeses, butter, and water. Add flours, wheat germ, salt, and cayenne; mix well. Stir in rolled oats.

Divide dough in half. Form into 2 rolls, each



*caviar and salmon checkerboard*

### caviar and salmon checkerboard

- Brown-bread slices, ¼ inch thick
- White-bread slices, ¼ inch thick
- Softened unsalted butter
- 8 ounces black caviar (sturgeon or cod)
- ¼ ounces very thinly sliced smoked salmon
- 1 lemon, cut in half

Trim crusts evenly from brown and white bread. Butter slices. Cut forty 1¼-inch squares from brown bread and forty-one 1¼-inch squares from white bread. Spread caviar on each brown bread square.

Cut forty-one 1¼-inch squares from smoked salmon. Place 1 salmon square on each white bread square.

Arrange squares on large serving platter as shown in illustration. Garnish edges of checkerboard with parsley. Squeeze lemon juice over all squares just before serving.

Small checkerboards can be formed on small salad plates and served as a first course.

When serving the caviar and smoked salmon, do not forget to squeeze lemon juice over the checkerboard just before serving. Yield 81 appetizers.



## APPETIZERS • CHEESE

about 1½ inches in diameter (about 6 inches long). Wrap tightly; refrigerate until well chilled, about 4 hours, or up to 1 week.

Slice ⅛ to ¼ inch thick; sprinkle with paprika.

Bake on greased baking sheet at 400°F 8 to 10 minutes. Cool on rack.

If less uniform shape is desired, dough can be shaped into small (1¼-inch) balls immediately after mixing; flatten with hands onto baking sheet. Sprinkle with paprika. Bake in 400°F oven 8 to 10 minutes, until golden brown. Yield 4 dozen.

### cottage-cheese tartare

This dish can be served as beef tartar is, as a cocktail appetizer, or as a first course.

**1 12-ounce container cottage cheese**

**⅓ cup yogurt**

**1 tablespoon prepared Dijon mustard**

**Salt and white pepper to taste**

**2 tablespoons capers**

**2 or 3 tomatoes, cut into thin wedges**

**3 or 4 tablespoons chopped chives or thinly sliced scallions**

**1 large onion, chopped**

**4 to 6 ounces small cooked shrimp**

*creamed blue cheese*



*cottage-cheese tartare*

**Paprika**

**Caraway seeds**

**Assorted crackers and snack breads**

In blender or food processor cream together cottage cheese, yogurt, and mustard until smooth. Season to taste with salt and pepper.

Arrange capers, tomatoes, chives, onion, and shrimp on platter with tartare. Also have on hand paprika and caraway seeds to be used as garnish.

Serve tartare on crackers or snack breads. Top with any other ingredients, singly or in combination. Sprinkle with paprika or caraway seeds, if desired. Yield 4 to 6 servings.



## creamed blue cheese

6 ounces blue cheese, crumbled

$\frac{3}{4}$  cup butter

$\frac{1}{8}$  teaspoon white pepper

Ground pistachio nuts

Cream blue cheese until light and smooth.

Cream butter in a separate bowl until fluffy.

Combine cheese and butter; blend well. Add pepper; mix thoroughly.

Line small, decorative mold with about 3 thicknesses of cheesecloth, leaving enough over rim to bring over top.

Press cheese mixture firmly into mold; bring corners of cheesecloth up over top.

Store in refrigerator overnight.

Grasp corners of cheesecloth; lift cheese mixture out of mold. Remove cheesecloth. Turn into serving dish. Sprinkle pistachio nuts thickly over top. Let set at room temperature to soften.

Serve with fresh celery sticks, cauliflower florets, or assorted crackers. Yield 8 to 10 servings.

## fried-cheese profiteroles

$\frac{1}{3}$  cup all-purpose flour

$\frac{1}{3}$  freshly grated Parmesan cheese

$\frac{1}{4}$  cup butter, softened

2 eggs

Paprika

Blend flour with cheese.

Combine butter with  $\frac{1}{2}$  cup water in small saucepan. Bring to boil, stirring until butter melts. Add flour mixture all at once; stir vigorously with wooden spoon until mixture is smooth and leaves sides of pan, forming a ball. Remove from heat. Add 1 egg; beat 1 minute, until well mixed. Repeat procedure with remaining egg; beat until smooth and thickened.

Let stand, covered, at room temperature until completely cool. Do not refrigerate.

Spoon mixture into pastry bag with  $\frac{1}{2}$ -inch tip affixed. Pipe  $\frac{1}{2}$ -inch pieces or drop by teaspoonfuls into 350°F oil in deep-fat fryer. Fry until golden; drain well on absorbent toweling. Sprinkle with paprika. Yield 40 to 50 small puffs.

## liptauer cheese

$\frac{1}{2}$  cup salted butter, softened

4 ounces cream cheese, softened

1 teaspoon (heaping) caraway seeds

1 teaspoon drained pickled capers

1 teaspoon (heaping) Dijon mustard

$1\frac{1}{4}$  teaspoon Hungarian paprika

1 boned anchovy fillet

Pretzels

Cream butter in small mixing bowl with electric



*liptauer cheese*

mixer until light and fluffy. Add cream cheese; beat until smoothly blended.

Chop caraway seeds in blender or food processor; add to butter mixture.

Chop capers finely; add to mixture. Add mustard and paprika.

Rinse, dry, and chop anchovy. Stir into cheese mixture; blend well.

Shape into neat rectangle on serving plate; border with pretzels. Serve with additional pretzels or crackers. Yield 4 to 6 servings.

## paprika cookies

$\frac{1}{2}$  cup (1 stick) butter or margarine

$\frac{3}{4}$  cup grated cheese

1 cup flour

1 teaspoon Hungarian paprika

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon dry mustard

$\frac{1}{2}$  tablespoon poppy seeds

Preheat oven to 375°F.

Mix butter and cheese together until soft and creamy.

Sift flour, paprika, salt, and mustard together; add to butter and cheese. Beat until well blended.

Flour your hands lightly; roll heaping teaspoons of mixture into small balls. Place on greased baking sheets; flatten a little. Sprinkle with poppy seeds.

Bake 15 to 20 minutes or until golden brown. Loosen cookies, but leave on baking sheets to cool. Yield about 18 cookies.





*paprika cookies*

## **petite appetizer puffs**

- 1 cup water**
- ½ cup butter**
- 1 cup enriched flour**
- ⅓ teaspoon salt**
- 4 eggs**
- ½ cup finely chopped dried beef**
- ¼ cup grated Parmesan or Romano cheese**

*petite appetizer puffs*

Bring water and butter to boil, stirring until butter melts. Add flour and salt all at once. (Remember to spoon flour into dry measuring cup; level. Do not scoop). Reduce heat. Cook, stirring vigorously, over low heat until mixture is smooth and forms soft ball, 1 to 2 minutes. Remove from heat; cool slightly. Add eggs one at a time; beat well after each addition.

Turn half of batter into mixing bowl; stir in chopped dried beef.

Add cheese to remaining half of batter. Drop by level teaspoonfuls or pipe with pastry tube in ½-inch piles onto greased baking sheet. Bake in preheated 400°F oven 20 to 25 minutes or until golden brown and firm to touch. Serve warm or cold. Yield about 9 dozen.

## **swiss-cheese squares**

- 2 cups all-purpose white flour**
- 2½ teaspoons baking powder**
- ½ teaspoon baking soda**
- 1 teaspoon salt**
- ⅓ cup shortening**
- ½ cup sourdough starter (see Index)**
- ½ cup buttermilk**
- 1 cup grated Swiss cheese**
- 1 egg, beaten**
- 3 tablespoons poppy seeds**

Combine flour, baking powder, baking soda, and salt. Cut in shortening until mixture resembles dry cornmeal. Add sourdough starter and enough







*swiss-cheese squares*

milk to form soft dough that cleans side of bowl. Add Swiss cheese; knead lightly into dough. Pat or roll dough to  $\frac{1}{2}$  inch thick. Cut into squares, using serrated knife or cookie cutter. Brush tops with beaten egg. Sprinkle with poppy seeds.

Place squares on ungreased cookie sheet. Bake in preheated 450°F oven 10 minutes or until golden brown. Serve warm or cold. Yield 1½ dozen.

## vareneky

This is a nice way to start a meal in the evening, or serve it for lunch.

**2 cups flour**

**1 egg**

**Pinch of salt**

**1 cup potato water or milk**

**1 teaspoon oil**

Blend all ingredients. Knead into stiff dough. Roll out very thin; cut into circles, using glass or pastry cutter. Fill with your choice of fillings. Simmer 10 minutes in 4 quarts salted water.

Serve with sour cream or melted butter.

Potato and cheese and cabbage or mushroom-filled vareneky (any filling except fruit) are better if they are fried slightly in butter before serving. Yield 6 to 8 servings.

### *cottage cheese filling*

**1 cup cottage cheese**

**1 teaspoon butter**

**1 egg**

**1 tablespoon sugar**

*apple-nut horseradish dip*

## DIPS • APPETIZERS

Mix well and fill.

### *mashed potato filling*

**2 pounds cooked potatoes, mashed with butter and salt**

**6 slices American cheese or, for a tangier flavor,  $\frac{1}{2}$  pound sharp cheese**

### *other suggested fillings*

Rice and mushrooms

Fried sauerkraut

Cooked meat

## DIPS

### apple-nut horseradish dip

**2 apples, peeled, cored**

**1 tablespoon lemon juice**

**$\frac{1}{4}$  cup yogurt**

**1 tablespoon prepared horseradish**

**2 tablespoons minced or ground walnuts**

Grate apples; immediately combine with lemon juice to prevent discoloration. Blend in remaining ingredients.

Serve dip at once with chips, crackers, or vegetable dippers. Yield about 1 cup.

### avocado dip

For raw vegetables or corn chips.

**3 ripe avocados**

**1 tomato, peeled, seeded**

**1 small red onion, finely diced**

**1 tablespoon chopped hot jalapeno pepper**

**Dash of ground coriander**

**1 tablespoon lemon juice**

**1 tablespoon vinegar**

**2 tablespoons salad oil**

**1 teaspoon salt**



## APPETIZERS • DIPS

Mince avocados and tomato. Stir in all other ingredients.

You can use scooped-out avocado shells for serving dishes if this is to be served at table. For cocktail parties use a pretty bowl.

If made ahead of time, put avocado seeds in mixture to keep it green. Yield 2 cups.

### clamdigger dip

- 1 can (7½ or 8 ounces) minced clams
- 1 package (8 ounces) cream cheese, softened
- 1 tablespoon lemon juice
- 1 tablespoon grated onion
- 1 teaspoon chopped parsley
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt
- ⅛ teaspoon liquid hot pepper sauce

Assorted chips, crackers, or raw vegetables

Drain clams; reserve liquid.

Cream the cheese. Add seasonings and clams; mix thoroughly. Chill at least 1 hour to blend flavors.

If necessary to thin dip, add clam liquid gradually.

Serve with chips, crackers, or vegetables. Yield 1½ cups.

### garden dip

- ¾ cup low-fat cottage cheese
- 1 tablespoon finely grated onion
- 1 tablespoon finely grated carrot
- 1 teaspoon finely chopped green pepper
- ½ teaspoon salt
- Dash of garlic salt
- 1 cup plain yogurt

In small bowl mash cottage cheese with fork. Add onion, carrot, pepper, salt, and garlic salt; beat until fairly smooth. Stir in yogurt. Cover; chill several hours.

Serve as dip with chips or raw vegetables. Yield 1¾ cups.

### greek caviar dip (taramosalata)

- ½ of 8-ounce jar of tarama
- 1 small onion, finely grated
- 1 egg yolk
- 4 slices white bread (stale)
- ¼ cup lemon juice
- ½ cup olive oil

Place tarama in blender jar; whirl at low speed to smooth paste. Add onion and egg yolk; whirl to mix.

Remove crusts from bread; soak bread in water. Squeeze to dry. Tear it into pieces. Add to fish-roe

mixture; whirl until well blended. Add lemon juice and olive oil alternately while whirling at medium speed. Blend at high speed until well combined.

Chill; serve with melba toast, pita bread, or lavash (Arabic crisp flatbread) and crisp raw vegetables. Yield 1½ cups.

### green mayonnaise with fresh vegetables

- ¼ teaspoon sugar
- ½ teaspoon dry mustard
- ¾ teaspoon salt
- 1 large (or 2 small) egg yolk
- 2 tablespoons fresh lemon juice
- ¾ cup vegetable oil plus ¼ cup French olive oil or 1 cup vegetable oil
- 2 tablespoons chopped parsley
- 1 teaspoon fresh or frozen chives
- 1 teaspoon fresh or dried tarragon (optional)

Fresh vegetables for dipping, such as mushrooms, cherry tomatoes, cauliflower florets, zucchini sticks, green-pepper slices, cucumber slices, carrot sticks.

Mix sugar, mustard, salt, egg yolk, and 1 tablespoon lemon juice in 1-quart bowl. Using wire whisk, very slowly add oil, a drop at a time, until about ¼ cup is added. Once a thick emulsion has formed, oil can be added 1 teaspoon at a time. When mixture is very thick, add remaining lemon juice. Slowly beat in remaining oil. Add herbs; mix well. Chill.

Arrange chilled vegetables attractively on large platter, with mayonnaise in center as a dip. Yield 8 servings.

*Note: If mayonnaise separates, place 1 teaspoon cold water or an egg yolk in a separate bowl. Slowly beat in mayonnaise. When emulsion is reformed, continue adding oil as above.*





## guacamole

- 2 avocados, peeled, mashed
- 1 cup fresh tomatoes, peeled, cut up
- 1/3 cup salad dressing
- 1/4 cup chopped onion
- 1 teaspoon salt
- Lettuce
- 4 slices crisply cooked bacon, crumbled

Combine avocados, tomato, salad dressing, onion, and salt. Mix well; chill. Place in individual bowls. Serve on plates.

Sprinkle with bacon garnished with tomato wedges and tortilla chips.

Serve as a first course or luncheon, or serve un-garnished as a dip. Yield 4 to 6 servings.

## hot clam dip

- 3 tablespoons butter
- 1 onion, chopped very fine
- 1/2 green pepper, chopped very fine
- 1 clove garlic, minced (optional)
- 2 cans (7 1/2-ounce) minced clams
- 1 cup grated mild cheddar cheese (1/4 pound)
- 1/4 teaspoon cayenne
- 4 tablespoons catsup
- 1 tablespoon Worcestershire sauce
- 3 tablespoons sherry

Melt butter in double boiler. Sauté onion and green pepper 5 minutes over direct heat.

Drain clams.

Cut cheese into small pieces.

Put all ingredients in double boiler. Cook over water until cheese melts; stir often.

Serve hot in chafing dish with Melba toast or party rye. More cayenne or some Tabasco can be added if desired. Yield 6 servings.

## shrimp dip

- 1/2 pound fresh or frozen shrimp, cooked and cleaned, or 1 5-ounce can (1 cup)
- 1 cup cream-style cottage cheese
- 3 tablespoons chili sauce
- 2 teaspoons lemon juice
- 1/2 teaspoon onion juice
- 1/4 teaspoon Worcestershire sauce
- About 1/3 cup milk

Finely chop shrimp. Combine shrimp, cheese, chili sauce, lemon juice, onion juice, and Worcestershire sauce; blend in blender. Gradually beat in enough milk to give good dipping consistency.

Serve with potato chips, crackers, or celery. Yield about 2 cups.

## EGGS

### egg and anchovy mousse

- 6 hard-boiled eggs
- 2 2-ounce cans anchovy fillets
- 3 1/4 teaspoons lemon juice
- 1/2 cup butter, softened
- 1/4 teaspoon white pepper
- 1/4 cup mayonnaise

Slice eggs; process in food processor.

Drain anchovy fillets well on absorbent paper; place on chopping block. Sprinkle with 1/4 teaspoon lemon juice. Mash into smooth paste.

Place butter in mixer bowl; beat with electric mixer until light and fluffy. Add anchovy mixture gradually; beat well after each addition. Add eggs, 2 tablespoons at a time, mixing well. Stir in pepper and mayonnaise; beat until well blended.

Spoon egg mixture onto serving plate; shape into a mound with knife. Chill overnight for flavors to blend. Make a pattern with fork tines around side.

For an effective garnish save 1/2 cup mousse; divide into 2 portions. Add a drop of red vegetable coloring to 1 portion and a drop of green coloring to other portion. Using appropriate pastry tips, fashion leaves and stems with green and a rose on top. Yield 25 to 30 servings.



*egg and anchovy mousse*

## APPETIZERS • EGGS

### egg rolls

You can purchase ready-made egg roll skins in supermarkets or Oriental specialty stores.

#### *dipping batter*

- 1 egg
- 1 tablespoon cornstarch
- 1½ teaspoons baking powder
- 1 cup flour
- 1 tablespoon sugar
- 2 teaspoons salt
- ½ teaspoon MSG
- 1¼ cups milk
- 1¾ cups water

#### *filling*

- 1 cup shredded bamboo shoots
- ½ pound bean sprouts, rinsed, well-drained
- 1½ cups shredded water chestnuts
- 3½ cups slivered cooked chicken
- ¾ cup slivered barbecued pork
- ¾ cup finely chopped fresh parsley
- 1 cup chopped fresh mushrooms
- ½ cup finely chopped scallion
- Salt and freshly ground black pepper to taste
- Oil

Beat egg slightly. Sift together dry ingredients; mix with egg. Slowly stir in milk and water; stir until smooth.

All filling ingredients should be cut finely. Mix filling ingredients (except oil) together. Sauté in a little oil about 10 minutes; stir occasionally. Let mixture cool.

Spoon about ½ cup onto egg-roll skin. Fold like an envelope. Dip in batter. Fry in hot oil (375°F) about 5 minutes; turn carefully to brown both sides.

Serve whole when served at table. Cut into pieces and use mustard or sauce as a dip for a cocktail party. Yield 2 dozen.

*egg rolls*



### pickled eggs

Place as many eggs as you wish to pickle in heavy saucepan; cover with water. Salt water heavily. This will make shells easy to remove. Bring to boil over medium heat. Reduce heat to maintain slow boil; cook eggs 15 minutes. Remove from heat; cool under cold running water.

Remove shells; place eggs in pickling jar. Add water to cover 1 to 2 inches above eggs. Remove eggs carefully; let dry on paper toweling.

Measure water from jar in order to replace same amount with mixture of ¾ red wine vinegar and ¼ water. Place vinegar mixture in saucepan. For each quart of vinegar mixture add 1 small dried red pepper, 1 clove of garlic, 4 peppercorns, 2 whole cloves, and 1-inch piece of gingerroot, quartered. Bring to boil. Reduce heat; simmer 5 minutes. Let cool to room temperature.

Place eggs in pickling jar. Pour vinegar mixture over eggs; cover tightly. Let stand at least 1 week.

Eggs, as they pickle, will produce a strong odor. Open every day during first week to let fumes escape. After a week or so this odor will disappear and they will have a most delectable pickled aroma. Yield as desired.

## MEAT

### antipasto tray

**Carrot or celery sticks**

**Cheese cubes:** mozzarella, provolone, cheddar, feta, or Edam

**Cocktail tomatoes**

**Hard-cooked eggs, sliced**

**Fish:** tuna (best quality), shrimp, or sardines

**Thin meat slices:** salami, pepperoni, roast beef, or ham

**Pimientos or roasted peppers topped with anchovy fillets**

**Melon slices wrapped with prosciutto ham**

**Olives:** black or green

Choose an assortment from the above; arrange on a pretty tray or lazy susan. Selection should be made for flavor contrast and eye appeal. Yield as desired.

### cocktail meatballs

**1 pound lean hamburger**

**1 teaspoon garlic powder**

**1 12-ounce bottle chili sauce**

**1 10-ounce jar grape jelly**

Mix hamburger with garlic powder; shape into small balls. Pan-fry until well cooked; drain.



Mix chili sauce and jelly. Add meatballs; heat mixture.

Serve warm in chafing dish with toothpicks neatly. Yield 12 servings as cocktail appetizer

## ham appetizer

**2 tablespoons finely chopped green pepper**

**2 tablespoons finely chopped celery**

**2 tablespoons finely chopped pimiento**

**¼ teaspoon Dijon mustard**

**2 teaspoons lemon juice**

**2 teaspoons olive oil**

**Salt and pepper**

**4 slices cooked ham**

**Stuffed olives or gherkins for garnish**

Mix green pepper, celery, and pimiento together.

Mix mustard with lemon juice and oil. Add salt and pepper to taste. Pour over vegetables; mix well. Divide equally between ham slices. Fold over; secure with toothpicks.

Arrange on serving dish; garnish with stuffed olives or gherkins cut into fan shapes.

This can be served as a first course for a dinner party; as a luncheon dish; or each roll can be cut into 4 portions, speared with toothpicks, and served on a canapé tray. Yield 4 servings.

*ham appetizer*



## meat-stuffed grape leaves

**Olive oil**

**2 pounds ground lamb**

**1½ cups chopped onions**

**1 15-ounce can tomato sauce**

**¼ cup lemon juice**

**¼ cup chopped fresh parsley**

**¼ cup currants**

**½ cup pine nuts**

**½ teaspoon cinnamon**

**1 teaspoon paprika**

**½ teaspoon allspice**

**1 recipe Risotto (see Index)**

**2 1-quart jars grape leaves**

Heat ½ cup oil in large frying pan. Add lamb; cook over medium heat, stirring constantly, until lamb loses red color. Add onions; cook, stirring, until lamb is lightly browned. Add tomato sauce, lemon juice, parsley, currants, pine nuts, cinnamon, paprika and allspice; mix well. Reduce heat; simmer until most of liquid has evaporated. Stir in Risotto until well mixed; cool.

Wash grape leaves in hot water. Cut off stems; open leaves.

Shape 1 to 2 teaspoons lamb mixture, according to the size of leaves, into rolls; place near stem ends of leaves. Fold over sides of leaves; roll up from stem end.

Grease large casserole heavily with olive oil. Place layer of grape leaves over bottom of casserole in layers; cover casserole.

Bake in preheated 350°F oven 45 minutes.

Serve hot or cold. If served cold, do not uncover until *dolmas* have cooled, to prevent discoloration of leaves. Yield 70 to 80 *dolmas*.

## melon with prosciutto

**½ of large ripe honeydew or cantaloupe**

**¼ pound prosciutto ham**

**Pepper mill**

Remove seeds and rind from melon; slice into crescents.

Cut ham slices; wrap piece of ham around each piece of melon.

Arrange on platter; grind fresh pepper over ham and melon just before serving. Lemon or lime wedges are a suitable garnish. Yield 4 to 6 servings.

## mustard veal tongues

**1 dozen veal tongues**

**Bay leaves**

**Whole peppers**

**1 tablespoon salt**

**4 tablespoons vinegar**

Use enough water to cover tongues; bring to



## APPETIZERS • MEAT

rapid boil. Drop thoroughly cleaned tongues into water to which the other ingredients have been added. Cook until quite tender. Skin; cut in lengthwise halves. Put tongues in large jar or jars; pour following sauce over them:

### *sauce*

**1½ cups Dijon or French's prepared mustard**

**2¼ cups tongue broth**

**4 to 5 onions, sliced thin**

**Bay leaves**

**Whole peppers**

**Sugar to taste**

Bring ingredients to slow boil, watching very carefully and stirring while cooking. Let tongues marinate several hours before serving hot or cold. Yield 12 servings.

## oriental cocktail kebabs

**1 15¼-ounce can pineapple chunks, drained**

**1-pound package brown-and-serve sausages, cooked according to package directions, cut into thirds**

**1 8-ounce can water chestnuts, halved**

**2 green peppers, cut into ¾-inch squares**

**¼ pound small mushrooms, stemmed**

**Reserved syrup from drained pineapple**

**4 tablespoons soy sauce**

**3 slices fresh gingerroot**

**3 tablespoons brown sugar**

**2 tablespoons dry sherry**

Alternate pieces of pineapple, sausage, water chestnuts, green pepper, and mushrooms on toothpicks.

Combine remaining ingredients; heat in skillet. Add kebabs. Cover; simmer 10 minutes. Remove

from skillet; serve warm as a dinner or cocktail appetizer. On the latter case stand the kebabs up in a wire-mesh trivet, leaving the exposed toothpicks dry. Yield 40 to 50.

## pepperoni pizza hors d'oeuvres

**1 can (10¼ ounces) marinara sauce**

**4 English muffins, split, toasted**

**1 cup shredded mozzarella cheese**

**1 package (4 ounces) sliced pepperoni**

Spread marinara sauce evenly over English muffin halves. Sprinkle with cheese. Arrange 4 pepperoni slices on each muffin half.

Broil 4 to 5 inches from source of heat 2 to 3 minutes or until cheese bubbles and browns. Cut each muffin half into 4 wedges. Yield 32.

## pigs in blankets

**6 frankfurters**

**Prepared mustard**

**6 thin fingers cheese**

**Flaky pastry**

**Egg or milk to glaze**

Preheat oven to 450°F.

Split frankfurters. Spread very lightly with mustard; insert a finger of cheese in each.

Roll pastry thin; cut into 6-inch squares. Place 1 frankfurter diagonally on each square; bring together other two diagonal corners of pastry so that ends of frankfurters are exposed.

Put onto baking sheet; glaze with egg or milk. Bake 20 minutes.

*meat-stuffed grape leaves*





*pigs in blankets*

Serve hot with broiled tomatoes, cold with salad as a table appetizer, or cut into small pieces and spear with toothpicks for the cocktail variety. Serve hot, with or without a mustard sauce. Yield 6 servings.

## sausage pies

**1 recipe double pie crust**

**¾ pound sausage**

**20 to 24 cherry tomatoes, halved**

Prepare pie crust; set aside.

Break up sausage in heavy skillet; cook until all pink has disappeared, about 10 minutes. Drain off fat on paper towels.

Roll out pie-crust dough; cut into 4-inch squares. Moisten corner of each square with a little cold water. Place squares on lightly greased baking sheet. Spoon drained sausage, about 1 spoonful per square, into center of each square. Pinch corners to seal, but don't close completely.

Bake at 450°F 12 to 15 minutes. Place half of cherry tomato, cut-side-down, on top of sausage—this is why you didn't seal the pie crust. Bake 10 minutes more or until pie crust is golden brown. Serve at once. Yield 20 to 24.

## MEAT • APPETIZERS

### swedish meatballs

This recipe improves if made one day ahead of time.

**1 pound ground beef**

**¼ pound ground veal**

**¼ pound ground pork**

**2 cups bread crumbs**

**½ cup milk**

**1 onion, diced fine**

**2 tablespoons butter**

**2½ teaspoons salt**

**¼ teaspoon pepper**

**2 teaspoons nutmeg**

**2 teaspoons paprika**

**1 teaspoon dry mustard**

**3 beaten eggs**

**4 tablespoons butter or margarine**

Have meat ground together twice.

Soak, bread crumbs in milk. Add meat; mix.

Saute onion in large skillet in 2 tablespoons butter.

Mix together seasonings, eggs, onion, and meat in bowl. Mix well; form into 48 small balls.

Melt butter in skillet; brown meatballs on all sides. Remove; set aside to make sauce.

#### *sauce*

**¼ teaspoon minced garlic**

**5 tablespoons butter**

**2 teaspoons tomato paste**

**1 teaspoon beef concentrate**

**2 cups bouillon or soup stock**

**1 teaspoon aromatic bitters (optional)**

**1 cup sour cream**

Add garlic and 1 tablespoon butter to fat left in skillet. Sauté 1 minute. Blend in 4 more tablespoons butter, tomato paste, beef concentrate, and stock. Add bitters; stir mixture over low heat until it thickens. Pour sauce into lighted chafing dish. Stir in sour cream. Add meatballs to sauce, stirring once or twice to be sure all heats through.

Sauce can be poured into casserole dish and heated in oven, if preferred. Yield 48 balls.

### water chestnuts with bacon

**⅓ to ½ pound bacon**

**1 6-ounce can water chestnuts**

**Toothpicks**

**1 tablespoon soy sauce**

**1 tablespoon dry sherry**

Wrap ½ slice bacon around each water chestnut; fasten with toothpick. Place water chestnuts in ovenproof dish; brush with mixture of soy sauce and sherry. Bake at 350°F 15 to 20 minutes. Yield about 20.





*swedish meatballs*

## NUTS

### curried nuts

- ¼ cup olive oil**
- 1 tablespoon curry powder**
- 1 tablespoon Worcestershire sauce**
- ⅛ teaspoon cayenne**
- 2 cups nuts (assorted are best)**

Combine oil and seasonings in medium-size skillet. When mixture is hot, add nuts; stir constantly until nuts are completely coated.

Line baking pan with brown paper. Spread out nuts. Bake at 300°F 10 minutes. Nuts should be crisp and tasty. Yield 2 cups.

### glacé nuts

- 1½ cups nuts, salted or unsalted**
- 2 cups sugar**
- ¼ teaspoon cream of tartar**
- 1 cup hot water**
- ⅛ teaspoon salt**

Mix sugar, cream of tartar, hot water, and salt in small saucepan; place over hot fire. Stir until sugar has dissolved. Let syrup boil until it reaches 293°F, or hard-crack stage. Remove from fire at once; place in pan of hot water while dipping nuts.

Hold nuts separately with tweezers or on long pin; dip in syrup to cover. Place dipped nuts on waxed paper to dry. Reheat syrup carefully if it becomes too thick. Yield 1½ cups.

### salted almonds

- 2 cups shelled almonds**
- ¼ cup salad oil**
- Salt to taste**

Pour almonds into boiling water in large saucepan. Remove from heat; let stand about 5 minutes or until skins are soft. Drain; remove skins. Spread almonds on cookie pan; let stand until dry. Sprinkle with oil; stir until almonds are coated evenly. Sprinkle with salt; stir again.

Bake in preheated 350°F oven until lightly browned, stirring frequently. Cool; store in airtight container. Yield 2 cups.

### spiced cocktail nuts

- 4 tablespoons butter**
- 1 tablespoon Worcestershire sauce**
- ½ teaspoon hot pepper sauce**
- 1 tablespoon seasoned salad salt**
- 1 teaspoon salt**
- 1 teaspoon garlic salt**
- ¼ teaspoon pepper**
- 1 pound walnuts, almonds, or filberts (a mixture of nuts is also good)**

Melt butter; add remaining ingredients, except nuts. Stir until well blended. Add nuts; toss. Cook over low heat 15 minutes; stir occasionally. Cook 5 minutes in 350°F oven, until crispy. Drain on paper towels. Store in airtight container. Yield 4½ cups.

### toasted pecans

- 12 cups pecans**
- ¼ pound butter**
- Salt**

Place pecans in rectangular oven dish. Toast in 250°F oven 30 minutes. Add butter over all by



slicing or dotting it over nuts. Stir once or twice, until pecans and butter have mixed well. Nuts will be greasy at this point. Sprinkle generously with salt. Toast pecans 1 hour; salt again several times. Stir as you go. When done, butter will be completely absorbed and nuts crisp. Yield 12 cups.

## **OLIVES**

### **olive-ham turnovers**

#### *turnover pastry*

**2 cups flour**  
**½ teaspoon salt**  
**⅔ cup Garlic Mayonnaise**  
**Dash of cayenne**  
**2 tablespoons cold water**

#### *turnover filling*

**⅔ cup ground Serrano or other smoked ham**  
**⅔ cup chopped ripe olives**  
**3 to 4 tablespoons mayonnaise**

Heat oven to 425°F.

Sift flour with salt. Add garlic mayonnaise, cayenne, and water; mix. Turn onto lightly floured board; roll thin. Cut into 2½-inch squares.

Mix together filling ingredients. Put generous ½ teaspoon filling on each pastry square. Moisten edges with water; fold over into triangles; pinch edges to seal. Bake 15 minutes or until pastry browns. Yield 2½ dozen.

#### *garlic mayonnaise*

**1 egg**  
**½ teaspoon salt**  
**½ teaspoon garlic powder**  
**Dash of cayenne pepper**  
**1 cup olive oil**  
**3 tablespoons fresh-squeezed lemon juice**

Combine egg, salt, garlic powder, cayenne, and ¼ cup oil in blender container; blend thoroughly. With blender running, very slowly add ½ cup oil. Gradually add lemon juice and remaining ¼ cup oil; blend until thick. Occasionally scrape sides of bowl. Yield 1 cup.

### **olives in blankets**

Wrap slice of bacon around each olive. Fasten with toothpicks. Broil at moderate temperature until bacon is crisp. Serve hot. Yield as desired.

### **stuffed olives**

**1 6-ounce can jumbo pitted black olives**  
**1 2-ounce can anchovy fillets**  
**2 tablespoons olive oil**  
**1 clove garlic, minced**  
**2 tablespoons finely chopped parsley**  
**12 stemmed cherry tomatoes**  
**½ of medium green pepper, thinly sliced**

Drain olives.

Drain anchovy fillets; cut each in half.

Stuff each olive with half an anchovy fillet. Place in serving bowl.

Combine olive oil, garlic, and parsley; pour over olives. Mix well. Chill several hours. Bring to room temperature before serving.

Garnish with cherry tomatoes and green peppers. Provide cocktail picks for guests to spear these. Yield 6 servings.

## **PÂTÉ**

### **chicken-liver pâté**

**2 tablespoons butter**  
**½ pound chicken livers**  
**2 eggs, hard-cooked**  
**1 package (3-ounce) cream cheese, softened**  
**1 tablespoon finely chopped parsley**  
**¾ teaspoon salt**  
**⅛ teaspoon pepper**  
**1 tablespoon cognac**

Heat butter in medium frypan. Cook chicken livers, stirring occasionally, over medium heat 10 minutes or until tender; drain.





## APPETIZERS • PÂTÉ

Chop livers and eggs in food grinder, blender, or food processor, a little at a time.

With wooden spoon, work cheese until light and fluffy. Mix into liver mixture along with remaining ingredients. Refrigerate several hours.

Serve pâté with hot toast or crackers. Yield ¼ cups.

### chicken pâté cream

**Bacon fat**

**2 tablespoons butter**

**1½ pounds chicken livers**

**½ pound unsalted pork fat, ground**

**2 tablespoons dry sherry**

**2 tablespoons brandy**

**½ teaspoon freshly ground pepper**

**3 green onions or shallots, chopped**

**1 clove garlic, minced**

**1½ teaspoons salt**

Coat 7-inch soufflé mold well with cold bacon fat.

Melt butter in skillet. Sauté livers until all pink has disappeared.

Combine livers, port fat, sherry, brandy, pepper, onions, garlic, and salt; mix well. Place mixture in blender or food-processor container, a small amount at a time; blend until thoroughly pureed. Blending may take longer than usual; pork fat is not easily pureed. Spoon mixture into prepared mold; cover with aluminum foil. Place mold in baking dish. Pour hot water half the depth of mold.

Bake in preheated 350°F oven 1 hour. Remove from oven; let cool. Invert onto serving platter; chill in refrigerator overnight.

Serve with French bread or crackers. Yield about 2 cups.

### hot pâté with garlic bread

**½ pound finely ground lean beef**

**½ pound finely ground lean pork**

**½ pound mild pork sausage**

**2 cloves garlic, pressed**

**2 tablespoons grated onion**

**¼ teaspoon basil**

**¼ teaspoon marjoram**

**¼ teaspoon thyme**

**¼ teaspoon oregano**

**1 teaspoon salt**

**½ teaspoon freshly ground pepper**

**½ cup Basic Beef Stock (see Index)**

**3 tablespoons sherry**

**1 tablespoon brandy**

Combine beef, pork, and sausage and grind through a food chopper 3 times or spin in a food processor until smooth, using the on-off method.



*hot pâté with garlic bread*

Add garlic, onion, basil, marjoram, thyme, oregano, salt, and pepper. Mix with wooden spoon until thoroughly blended. Add stock, sherry, and brandy; blend until smooth. Turn into buttered 1-quart earthenware mold; cover. Set in baking pan; pour in boiling water to half the depth of mold.

Bake in preheated 325°F oven 1 hour and 15 minutes. Increase oven temperature to 350°F. Remove cover; bake 30 minutes or until brown.

Slice; serve with hot garlic bread. Serve on small slices of bread as a cocktail appetizer or as a first course. Yield about 3 cups.

### party liver pâté

**¼ pound butter or chicken fat**

**1 large onion, chopped fine**

**1 pound chicken livers**

**1 tablespoon Worcestershire sauce**

**Salt and pepper to taste**

Melt butter in medium skillet; lightly tan chopped onion. Add chicken livers; cook until slightly pink at center, about 5 minutes. Remove from heat.

Put entire mixture through food mill until



ground very smooth. If you use a colander instead of a food mill, you may want to put the liver mixture through twice to ensure a smooth texture. Add Worcestershire sauce and salt and pepper; mix together well with spoon.

Shape pâté into greased mold for a party. Turn out on serving plate; surround with party crackers so that guests can help themselves. Yield 10 to 16 servings.

## simple pâté maison

6 slices salt pork  
6 slices bacon, diced  
1½ cups chopped onions  
1 pound calves liver  
1 pound chicken livers  
1¼ teaspoons salt  
1 teaspoon pepper  
3 egg yolks  
2 eggs  
¼ cup Maderia  
½ teaspoon chervil  
½ teaspoon tarragon leaves  
½ teaspoon nutmeg  
¼ teaspoon allspice

Rinse salt pork in cold water to remove some of salt. Drain thoroughly. Line 7-inch soufflé mold with salt pork slices.

Cook bacon in skillet until fat is rendered.

Sauté onions in bacon fat until tender and lightly browned.

Cut the liver into 1-inch pieces; halve chicken livers. Add livers, 1 teaspoon salt and ½ teaspoon pepper to onion mixture. Sauté until all pink has disappeared from livers. Place liver mixture in

*simple pâté maison*



*party liver pâté*

blender container or in food processor a small amount at a time. Blend until thoroughly pureed, adding egg yolks, eggs, and Madeira. Spoon liver mixture into large bowl. Stir in remaining salt, pepper, and spices. Pour liver mixture into prepared mold; cover with aluminum foil. Place mold in larger baking dish; add water halfway to top of mold.

Bake in preheated 375°F oven 2 hours. Cool pâté well; invert onto serving platter. Refrigerate at least 8 hours to chill thoroughly.

Pâté can be sliced thin and served with French bread or crackers or as a separate course with a green salad. Yield about 30 servings as a spread.





## QUICHE

### broccoli quiche

**Pastry for single-crust 9-inch pie (see Index)**

**¼ cup grated Parmesan cheese**

**2 cups chopped fresh broccoli**

**1 cup shredded Swiss cheese**

**¼ cup sliced scallions**

**3 eggs**

**⅔ cup chicken broth**

**½ cup heavy cream**

**½ teaspoon salt**

**¼ teaspoon Tabasco pepper sauce**

Line 10-inch quiche dish or 9-inch pie plate with pastry. Prick bottom and corners of pastry with fork. Bake in 450°F oven 5 minutes. Remove from oven; sprinkle with 2 tablespoons Parmesan cheese. Layer half the broccoli over Parmesan cheese. Continue with layers of half Swiss cheese and scallions; repeat with remaining broccoli, Swiss cheese, and scallions.

Beat eggs. Add chicken broth, cream, salt, and Tabasco; mix well. Pour over broccoli mixture in pastry shell. Sprinkle with remaining 2 tablespoons Parmesan cheese.

Bake 10 minutes at 450°F. Reduce heat to 325°F; bake 20 to 25 minutes longer or until knife inserted in center of pie comes out clean. Let stand 5 to 10 minutes before cutting. Yield 10 to 12 servings.

### cheese, bacon, and onion quiche

**1 single-crust Basic Pastry (see Index; do not bake)**

**6 slices bacon, cut into 2-inch pieces**

**1 small onion, chopped**

**3 eggs**

**½ cup milk**

**½ cup heavy cream**

**1 cup shredded Swiss cheese**

**½ teaspoon salt**

**⅛ teaspoon pepper**

Line quiche or pie pan with pastry.

Cook bacon until crisp. Drain; place in pie shell.

Sauté onion in bacon fat until lightly browned. Drain off fat. Off heat, stir in eggs, milk, cream, cheese, and seasonings. Pour into pastry-lined pan.

Bake in preheated 375°F oven 25 minutes or until knife plunged into custard comes out clean.

Serve hot, warm, or cold. Yield 4 servings.

### corn-cheese quiche

**1 Single-Pie Crust pastry, unbaked (see Index)**

**3 ears corn (or about 1 cup kernels)**

**4 eggs**

**1 cup milk**

**½ cup light (table) cream**

**½ cup freshly grated Parmesan cheese**

**2 tablespoons finely chopped onion**

*corn-cheese quiche*



**1 teaspoon salt**  
**¼ teaspoon pepper**  
**6 slices bacon**

**Parsley for garnish**

Roll out pastry on floured board to ⅛ inch thick; fit into 9-inch quiche or pie pan.

Cut kernels off corncobs; reserve.

Beat eggs in large mixing bowl. Stir in milk, cream, cheese, onion, salt, and pepper; mix well. Add corn. Pour into pie shell. Bake in preheated 375°F oven 20 minutes.

Meanwhile fry bacon until almost done; drain on paper towels. Arrange bacon on top of pie. Bake 10 minutes or until knife inserted in custard comes out clean.

Garnish quiche with parsley; serve hot. Yield 6 servings.

## **greek spinach and cheese turnovers**

**1 egg**  
**½ medium onion, finely chopped**  
**¼ pound crumbled feta cheese**  
**4 ounces cream cheese**  
**5 ounces (½ of 10-ounce package) frozen chopped spinach, thawed, drained**  
**1 tablespoon chopped parsley**  
**½ teaspoon dillweed**  
**½ teaspoon garlic powder**  
**6 sheets phyllo or 4 frozen patty shells (omit butter when using patty shells)**  
**1 stick butter, melted**

In blender or mixer bowl combine egg, onion, and feta cheese; beat to combine. Add cream cheese; combine well. Add spinach and seasonings; mix just until blended. Chill 1 hour.

### ***phyllo dough***

Phyllo must be handled with great care, since it is very delicate and dry to the touch. Carefully unroll as many sheets needed; store remainder immediately.

Place the sheets not immediately in use between linen tea towels to prevent drying. If weather is very hot and dry, sprinkle a little water on towels.

Phyllo sheets are generally 16 × 22 inches. Stack 2 leaves together, cutting through both sheets. Cut strips 2 inches wide by 16 inches long. Brush with melted butter. Place a teaspoon of filling on one end of strip. Fold one corner of strip to opposite side, forming a triangle and enclosing filling. Continue folding as you would an American flag, to end of strip, maintaining triangular shape. Brush with melted butter.

Place on ungreased cookie sheet. Bake at 375°F 20 minutes. Serve hot.



*greek spinach and cheese turnovers*

### ***puff pastry dough***

Defrost patty shells at room temperature 15 to 20 minutes. Form each shell into a ball; roll on floured pastry cloth to 11 × 11-inch square. Cut into 16 individual squares. Place ½ teaspoon filling on each square. Fold to form a triangle; seal with milk.

Bake at 450°F 12 minutes. Yield: About 33 if made with phyllo; about 64 if made with puff pastry.

*Note: These can be baked, then frozen. Reheat on cookie sheet at 350°F 15 minutes.*

## **mushroom and onion quiche**

If you have a pre-made shell in the freezer you are always prepared for the unexpected with this recipe.

**Pastry for single-crust 9-inch pie (see Index)**

**3 tablespoons butter or margarine**

**2 onions, peeled, chopped**

**1 can button mushrooms (about 1 cup)**

**2 eggs**

**½ can evaporated milk (about 1 cup)**

**½ cup grated cheese**

**Pinch of dry mustard**

Preheat oven to 400°F.

Line deep 8-inch pie plate with pastry.

Heat 2 tablespoons butter in sauté pan; cook onion until transparent. Drain well; put into pastry shell with most of mushrooms, cut in halves. Leave a few uncut for decoration.

Beat eggs, stir in evaporated milk, grated



## APPETIZERS • QUICHE

cheese, and seasoning. Pour over mushrooms. Bake about 35 minutes.

Sauté remaining mushrooms a few minutes in 1 tablespoon butter. Drain; cut into thin slices.

When pie is cooked, decorate with sliced mushrooms. Yield 4 to 5 servings.

### spinach quiche

**1½ to 2 pounds fresh spinach, cooked, drained**

**⅛ teaspoon freshly grated nutmeg (or same amount bottled)**

**1 tablespoon fresh tarragon or 1 teaspoon dried**

**1 tablespoon freshly squeezed lemon juice**

**Salt**

**Freshly ground black pepper**

**2 tablespoons chopped fresh parsley**

**9-inch pastry shell (see Index) that has been baked five minutes**

**½ cup feta cheese**

**4 eggs**

**½ cup plain yogurt**

**¾ cup cream**

Cook spinach until tender. Drain liquid thoroughly by squeezing small handfuls between palms of your hands. Chop very fine. Combine spinach with nutmeg, tarragon, lemon juice, salt and pepper to taste, and parsley; spread on bottom of pastry. Sprinkle cheese on top.

Beat eggs lightly with yogurt. Cream; blend well. Pour over spinach mixture.

Bake in 350°F oven about 30 minutes, or until custard is set.

This is an excellent accompaniment to roast lamb or chicken. It also makes a fine brunch entree. Yield 6 to 8 servings.

## SANDWICHES

### appetizer egg and asparagus sandwiches

**½ recipe Basic Emergency Aspic (see Index)**

**10 slices thin-sliced pumpernickel or whole-wheat bread**

**10 slices Monterey Jack cheese**

**6 hard-boiled eggs**

**20 small gherkins**

**1 1-pound can white asparagus tips**

Prepare aspic: Substitute chicken consommé for beef consommé; let chill until syrupy.

Remove crusts from bread; cut into 2 rectangles. Spread generously with mayonnaise; top with rectangle of cheese.

Cut eggs crosswise into ¼-inch slices. Place 3 slices on each rectangle.

Cut gherkins.

Place 1 gherkin and 1 asparagus spear on each sandwich. Place sandwiches on rack over jelly-roll pan. Spoon aspic carefully over each sandwich; coat evenly. Place rack on cookie sheet. Refrigerate until firm.

Return excess aspic in jelly-roll pan to remaining aspic; do not stir. Chill aspic as needed to keep at syrupy stage. Repeat coating and chilling several times, until sandwiches are thickly glazed. Refrigerate until ready to serve.

Garnish serving tray with any remaining asparagus. Yield 20.

*appetizer egg and asparagus sandwiches*







*danish cheese appetizer sandwiches*

## appetizer peanut-butter sandwiches

16 pieces bread, crusts removed, quartered or cut into triangles

1½ cups peanut butter

¼ pound butter

1 cup shredded carrots

1½ cups finely chopped celery

2 teaspoons salt

Stuffed green olives for garnish

Set bread aside; save crusts for future bread stuffing.

Mix rest of ingredients, except olives, to form smooth spread; spread onto each piece of bread. Top with stuffed green olive for color; arrange on serving plate. Yield about 60.

## danish cheese appetizer sandwiches

Dark rye bread

Butter

White cheddar-process cheese slices

Unskinned tomato

Pimiento-stuffed olive slices

Danish black bread

Roquefort cheese wedges

Pitted black olives

Whole-wheat bread

Caraway Swiss-cheese slices

Heart of lettuce leaves

Spread rye bread slices with butter; cover with slices of Cheddar cheese. Decorate cheese with tomato slivers and half slices and with green-olive slices.

*angels on horseback*

## SEAFOOD • APPETIZERS

Butter black-bread slices with 4 Roquefort-cheese wedges; top with 2 black olives on each slice.

Butter whole-wheat bread; cover with slices of caraway Swiss cheese. Overlap a row of green olives down 2 sides of each sandwich. Place a roll slice of Swiss cheese diagonally across each sandwich. Garnish sandwiches with lettuce leaves and tomato slivers. Yield as desired.

## SEAFOOD

### anchovy puffs

½ cup margarine or butter

3 ounces cream cheese

1 cup flour

Anchovy paste

Blend margarine and cream cheese. Mix with flour; chill.

Roll out very thin; cut with small biscuit cutter. Spread each piece with small amount of anchovy paste. Fold; pinch sides together. Bake in 400°F oven 10 minutes. Yield 6 servings.

### anchovy sticks

10 slices bread, toasted and buttered

½ cup chopped green onions

½ cup chopped parsley

¼ pound butter

40 anchovy fillets

Cut each piece of buttered toast into 4 1-inch strips.

Mix together onions and parsley. Sprinkle mixture over toast strips. Top with 1 anchovy fillet on each toast stick; dot with butter. Bake sticks at 375°F just long enough to heat through.

Serve sticks hot; allow 2 or 3 per person. Yield 40.





*avocado pear cream*

## angels on horseback

- 1 can (12 ounces) oysters, fresh or frozen (preferably small)**
- 2 tablespoons chopped parsley**
- ½ teaspoon salt**
- Paprika**
- Pepper**
- 10 slices bacon, cut into thirds**

Thaw frozen oysters; drain. If oysters are large, cut in half. There should be 30 pieces. Sprinkle with parsley and seasonings. Place an oyster on each piece of bacon. Wrap bacon around oyster; secure with toothpick. Place on broiler pan. Broil about 4 inches from source of heat 8 to 10 minutes or until bacon is crisp. Turn carefully. Broil 4 to 5 minutes longer or until bacon is crisp. Yield approximately 30 hors d'oeuvres.

## avocado pear cream

- 2 ripe avocado pears**
- 1 tablespoon white-wine vinegar**
- 4 anchovy fillets, finely chopped**
- 2 teaspoons finely chopped onion**
- Cayenne pepper**
- 1 teaspoon sugar**
- ½ cup whipping cream**
- Paprika**
- Ripe olives**

Cut pears in half; remove seeds. Scrape out all

flesh; be careful not to break skin. Reserve empty shells. Put flesh into bowl; mash well. Add vinegar, anchovies, onion; season with salt, cayenne, and sugar. Chill. Fold in whipped cream just before serving. Fill pear shells; sprinkle with paprika. Garnish with black olives; serve with melba toast. Yield 4 servings.

## clam macadamia puffs

Clam dip must be the most overused canapé spread in the world. A little ingenuity and a few macadamia nuts can revitalize this old favorite. Your guests won't recognize it! Best of all, you can make it on the morning of a party.

- 1 8-ounce package cream cheese, softened**
- 1 can minced clams, drained**
- 1 teaspoon minced green onion**
- ½ cup chopped macadamia nuts (bits)**
- Salt to taste**
- Dash of red pepper**
- ¾ teaspoon Worcestershire sauce**
- 1 tablespoon macadamia nuts (fine)**
- 1 teaspoon paprika**

Whip cheese thoroughly. Add clams; mix well. Add onion, chopped macadamias, salt, red pepper, and Worcestershire; whip again. Test for salt. Refrigerate in covered dish.

When ready to serve, heap mixture generously on salty crackers; bake 20 minutes in 300°F oven. Decorate with a sprinkle of ground macadamias and paprika. Yield about 20.

## crab balls

- 1 pound crab meat**
- 4 tablespoons butter or margarine**
- 1 teaspoon salt**
- ⅛ teaspoon cayenne pepper**
- 1 teaspoon dry mustard**
- 1 teaspoon dehydrated parsley flakes**
- 2 teaspoons Worcestershire sauce**
- ½ cup soft bread crumbs**
- 2 egg yolks, lightly beaten**
- ½ cup flour**
- Oil for frying**

Pick over crab meat; remove any bits of shell and cartilage. Flake crab meat; place in mixing bowl.

Melt butter in small saucepan. Add seasonings, bread-crumbs, and egg yolks to crab; mix well. Refrigerate 2 to 3 hours or until stiff enough to be handled easily.

Form into 35 small balls the size of a walnut; dredge in flour.

Heat several inches of oil in heavy saucepan or



deep-fat fryer to 360°F. Fry crab balls until golden brown; serve hot.

Garnish with parsley and lemon wedges. Yield 35.

## crab-cheese pie

**1 can (6 to 8 ounces) Alaska Snow crab meat**

**1½ cups grated Cheddar or Jack cheese**

**2 eggs, beaten**

**½ cup milk**

**2 tablespoons minced green onions (scallions)**

**1 can (8 ounces) refrigerated crescent rolls**

Drain and slice crab meat. Combine with cheese, eggs, milk, and onions.

Line 9-inch pie plate with 5 triangles of dough. Press together to form crust. Spoon in crab mixture. Top with remaining triangles. Bake at 325°F 50 to 60 minutes. Yield 5 to 6 servings.



*crab dabs*

## crab dabs

**1 can (12 ounces) dungeness or other crab meat, fresh or frozen or 2 cans (6½ or 7½ ounces each) crab meat**

**⅓ cup fine soft bread crumbs**

**2 tablespoons dry sherry**

**1 teaspoon chopped chives**

**1 teaspoon dry mustard**

**¼ teaspoon salt**

**10 slices bacon, cut into thirds**

Thaw frozen crab meat. Drain crab meat; remove any shell or cartilage. Chop crab meat.

Combine all ingredients except bacon; mix thoroughly. Chill 30 minutes. Portion crab mixture with a tablespoon; shape into small rolls. Wrap bacon around crab rolls; secure with toothpicks. Place crab rolls on broiler pan. Broil about

4 inches from source of heat 8 to 10 minutes or until bacon is crisp. Turn carefully. Broil 4 to 5 minutes longer or until bacon is crisp. Yield about 30 hors d'oeuvres.

## festive seafood cocktail

**3 pounds Boiled Shrimp (see Index)**

**1½ cups catsup**

**2 tablespoons fresh lemon juice**

**1 tablespoon Worcestershire sauce**

**1½ teaspoons sugar**

**Dash of hot sauce**

**Salt and freshly ground pepper to taste**

Place shrimp in refrigerator; chill thoroughly.

Combine remaining ingredients for sauce; mix thoroughly. Chill well.

Arrange shrimp in cocktail icers or stemmed dessert glasses; spoon sauce over shrimp. Yield about 6 servings.

## gefilte fish

**8 to 10 pounds fish (rock, shad, white and/or pike)**

**1 onion, whole**

**Carrots, sliced**

**Salt and pepper**

**1 large onion, grated**

**½ stick margarine**

**2 eggs**

**½ cup matzo meal**

**½ cup fish stock**

Fish should be filleted and ground. This yields about 4 to 5 pounds ground fish. Reserve heads and bones. Place heads, bones, several sliced carrots, whole onion, salt, and a lot of pepper in large pot of water; bring to boil.

Sauté grated onion in margarine.

In wooden bowl, using hand chopper, mix all remaining ingredients with fish. Adjust fish seasoning, adding freshly ground pepper to reduce fishy taste.

Form medium-size balls; place in boiling water. Simmer, uncovered, 3 hours. Yield 20 pieces.

## greek fish appetizers

**All-purpose flour**

**1 teaspoon salt**

**⅛ teaspoon paprika**

**3 tablespoons vegetable oil**

**1 cup milk**

**½ teaspoon Worcestershire sauce**

**2 teaspoons grated onion**

**2 cups cooked flaked whitefish**

**1 egg**

**Fine dry bread crumbs**



Mix 6 tablespoons flour, salt, and paprika in small saucepan. Stir in oil; mix until smooth. Add milk; mix well. Cook over low heat, stirring constantly, until thick and smooth. Remove from heat; stir in Worcestershire sauce, onion, and whitefish. Refrigerate until chilled.

Beat egg with 2 tablespoons water.

Shape whitefish mixture into small balls, using 1 teaspoon for each; roll in flour. Dip in egg; roll in bread crumbs.

Cook in deep fat at 350°F until well browned; drain on paper toweling.

Place on serving plate; insert end of small skewer or pick in each ball. Yield about 48.

*greek fish appetizers*

*festive seafood cocktail*



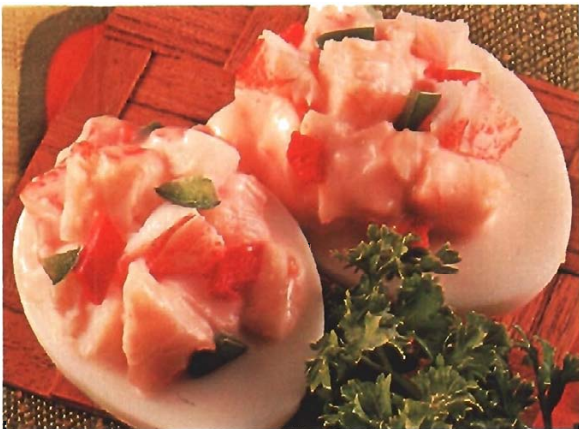


## hen-house homards

1 pound cooked lobster meat, fresh or frozen  
 $\frac{2}{3}$  cup mayonnaise or salad dressing  
 1 tablespoon chili sauce  
 1 teaspoon chopped green pepper  
 1 teaspoon grated onion  
 1 teaspoon chopped pimiento  
 16 hard-cooked eggs  
 Parsley

Thaw frozen lobster meat. Drain lobster meat. Remove any shell or cartilage. Chop lobster meat. Combine mayonnaise, seasonings, and lobster. Cut eggs in half lengthwise; remove yolks.\* Fill each egg white with 1 tablespoon lobster mixture. Sprinkle with parsley; chill. Yield 32 hors d'oeuvres.

\*Egg yolks may be used in other recipes.



*hen-house homards*

## lobster boats

$\frac{1}{2}$  pound cooked lobster meat, fresh or frozen  
 24 fresh mushrooms, approximately 1  $\frac{1}{2}$  inches in diameter  
 $\frac{1}{4}$  cup condensed cream of mushroom soup  
 2 tablespoons fine soft bread crumbs  
 2 tablespoons mayonnaise or salad dressing  
 $\frac{1}{4}$  teaspoon Worcestershire sauce  
 $\frac{1}{8}$  teaspoon liquid hot pepper sauce  
 Dash of pepper  
 Grated Parmesan cheese

Thaw frozen lobster meat. Drain lobster meat. Remove any shell or cartilage. Chop lobster meat. Rinse mushrooms in cold water. Dry mushrooms; remove stems.

Combine soup, crumbs, mayonnaise, seasonings, and lobster. Stuff each mushroom cap with a tablespoonful of lobster mixture. Sprinkle with cheese.

Place mushrooms on well-buttered baking pan,



*lobster boats*

15 × 10 × 1 inch. Bake in 400°F oven 10 to 15 minutes or until lightly browned. Yield 24 hors d'oeuvres

## oysters on the half shell

24 oysters  
 Beds of lettuce or crushed ice  
 Lemon wedges  
 Tabasco sauce

Wash oysters well to remove sand and grit.

Prepare beds of lettuce or ice.

Open oysters with oyster knife just before serving. Discard top shell; loosen oyster from bottom of shell by cutting ligaments.

Serve oysters immediately. Garnish with lemon wedges; accompany with Tabasco. Pass lots of whole-wheat soda bread. Yield 4 servings.



*oysters on the half shell*

## party salmon ball

1 pound can salmon  
 8 ounces cream cheese, room temperature  
 1 tablespoon lemon juice  
 2 teaspoons grated onion  
 1 teaspoon prepared horseradish  
 $\frac{1}{4}$  teaspoon salt  
 3 drops liquid smoke

## APPETIZERS • SEAFOOD

### **½ cup chopped pecans**

Drain salmon thoroughly; flake carefully with fork or your fingers. Combine salmon with softened cream cheese. Add next 5 ingredients; mix thoroughly. Cover bowl. Refrigerate a few hours, until firm.

Shape salmon into ball; roll in nuts. Wrap tightly in plastic wrap; return to refrigerator until serving.

Serve with firm, unflavored crackers. Yield 10 to 12 cocktail appetizers.

### **rock lobster appetizers**

**12 2-ounce frozen rock lobster tails**

**6 tablespoons butter**

**6 tablespoons all-purpose flour**

**1½ cups half-and-half cream**

**1 teaspoon grated lemon rind**

**1 teaspoon paprika**

**2 eggs, separated**

**Salt and freshly ground pepper to taste**

**½ cup freshly grated cheddar or Parmesan cheese**

Drop frozen lobster tails into kettle of boiling salted water; bring to boil again. Drain lobster tails immediately; drench with cold water. Remove underside membrane with scissors; pull out lobster meat, reserving shells. Dice lobster meat.

Melt butter in top of double boiler over boiling water. Stir in flour until smooth. Add cream gradually, stirring constantly; cook until thickened. Add lemon rind and paprika.

Stir small amount of sauce into beaten egg yolks; stir mixture back into sauce. Cook 2 minutes, stirring constantly. Season with salt and pepper.

Combine lobster meat and half the sauce, mixing well. Spoon lobster mixture into reserved shells; place shells on baking sheet.

Heat remaining sauce. Add cheese; stir until melted. Cool slightly; fold in stiffly beaten egg whites. Spoon egg-white mixture over lobster mixture in shells.

Bake in preheated 350°F oven 25 to 30 minutes or until puffed and lightly browned.

Serve in chafing dish over hot water. Yield 6 servings as first course-appetizers.

### **seafood avocado appetizers**

**4 large avocados**

**Lemon juice**

**4 tablespoons Vinaigrette Aux Fines Herbes (see Index)**

**4 tablespoons Madeira**

**1 cup mayonnaise**

**⅓ teaspoon hot sauce**

**1 teaspoon paprika**

**Salt to taste**

**2 teaspoons lemon juice**

**1 cup fresh crab meat, flaked**

**1 cup cooked small shrimp**

Cut avocados; remove the seeds. Brush cut sides of avocados with lemon juice. Spoon 2 tablespoons vinaigrette into each cavity of 2 avocado halves. Spoon 2 tablespoons of Madeira into each cavity of 2 more avocado halves.

Place mayonnaise in mixing bowl. Add hot sauce, paprika, salt, and lemon juice; mix well. Divide in half.

Add crab meat to half of mayonnaise mixture; stir until combined. Mound crab-meat mixture on

*rock lobster appetizers*







*seafood avocado appetizers*

2 more avocado halves; garnish each mound with 1 shrimp.

Add remaining shrimp to remaining mayonnaise mixture; mix well.

Place half of shrimp mixture on each of remaining avocado halves.

Place halves on serving platter as shown in illustration; garnish as desired. Each guest can make his own choice. Yield 8 servings as a first course or luncheon dish.

## seafood cocktail

1 orange

2 tablespoons kirsch

12 blue grapes, halved, seeds discarded

Lettuce leaves

1 small can white asparagus tips (optional; available in specialty food stores)

12 ounces canned or cooked seafood (shrimp, lobster, scallops, or crab meat)

### *cocktail dressing*

¼ cup mayonnaise

¼ cup plain yogurt

1 teaspoon catsup

1 teaspoon prepared horseradish

Freshly ground black pepper to taste

Few drops Worcestershire sauce, to taste

1 tablespoon lemon juice

Salt and pepper to taste

### *garnishes*

Whole blue grapes

Unpeeled orange slices, halved

Cooked crab claws

Peel orange; remove as much white membrane as possible. Cut into slices and each slice into quarters. Sprinkle with kirsch.

Prepare dressing by blending together all dressing ingredients.

Arrange orange pieces in 4 champagne glasses lined with lettuce leaves. Add grape halves and asparagus tips. Arrange selected seafood on top. Pour dressing over all.

Serve seafood cocktail at once, garnished with whole grapes, half slice of unpeeled orange, and a crab claw. Yield 4 servings.



*seafood cocktail*



## APPETIZERS • SEAFOOD

### shrimp balls

1 medium onion, grated  
1½ pounds raw shrimp, shelled, deveined, grated  
1 medium raw potato, grated  
1 egg, slightly beaten  
Salt and pepper to taste  
Fat for deep frying

Grind or grate onion and shrimp into large bowl.

Grind potato; pat dry with paper toweling. Stir in egg, salt, and pepper. Potato is the thickening; batter will be thick.

Heat deep fat; drop batter in by spoonfuls. Fry until golden brown; remove with slotted spoon. Drain on paper towels. Serve hot. Yield 36 to 48.

### shrimp muffin hors d' oeuvres

3 English muffins, split  
1 egg  
1 tablespoon cornstarch  
1 teaspoon soy sauce  
½ teaspoon sugar  
½ pound raw shrimp, shelled, deveined,  
finely chopped  
1 quart (about) corn oil  
Salt

Toast muffin halves just enough to give light crispness; do not brown. Tear each muffin half in two.

Mix together egg, cornstarch, soy sauce, and sugar until smooth. Stir in shrimp. Spread shrimp mixture evenly over 12 muffin quarters.

Pour corn oil into heavy 3-quart saucepan or deep fryer, filling no more than ⅓ full. Heat over medium heat to 375°F. Carefully add muffins, a few at a time, shrimp-side-down. Fry about 2 minutes or until light golden. Turn; fry about 1 minute to brown other side. Remove from oil with slotted spoon; drain on paper towels. Sprinkle with salt. Serve hot. Yield 12.

### shrimp tree

3 pounds shrimp, fresh or frozen  
2 quarts water  
½ cup salt  
4 large bunches curly endive  
1 styrofoam cone, 2½ feet high  
1 small box round toothpicks

If shrimp is frozen, thaw. Place shrimp in boiling salted water; cover. Simmer about 5 minutes or until shrimp are pink and tender; drain. Peel shrimp. Remove sand veins; wash. Chill.

Separate and wash endive; chill.

Fasten endive to styrofoam cone with toothpick halves. Start at outside edge of base; work up. Cover fully with greens to resemble tree. Attach shrimp artistically to tree with toothpicks.

Place tree on large plate or tray; add leftover shrimp around base. Top tree with ribbon, tinsel, or your favorite ornament. Provide cocktail sauce for dunking.

You can keep a bowl of prepared shrimp in the refrigerator and replenish tree as needed. Yield as desired.

### stuffed clams

2 dozen clams (little-neck or rock)  
¾ cup dry white wine  
¼ cup water  
½ teaspoon salt  
3 tablespoons olive oil  
½ cup chopped onion  
½ cup raw long-grain rice  
¼ teaspoon pepper  
½ teaspoon allspice  
¼ teaspoon cinnamon  
3 tablespoons currants  
3 tablespoons pine nuts  
2 tablespoons chopped parsley

Scrub clams; soak in several changes of cold water to remove sand. Place in skillet with wine, water, and salt. Cover; steam until the shells open. Discard any clams that do not open. Cool; remove clams from shells. Save shells; strain pan juices.

Heat oil in medium saucepan. Sauté onion until golden. Add rice and 1 cup juices; bring to boil. Cover; reduce heat to low. Cook 15 minutes. Add pepper, spices, currants, pine nuts, and parsley. Cook 5 minutes; cool.

Dice clams; and add to pilaf.

Stuff shells with rice mixture; chill. Serve as a meal appetizer. Yield 24 appetizers.

### tuna puffs

2 cans (6½ or 7 ounces each) tuna  
1 cup finely chopped celery  
½ cup mayonnaise or salad dressing  
2 tablespoons chopped onion  
2 tablespoons chopped sweet pickle  
Salt to taste  
Puff Shells

Drain and flake tuna.

Combine all ingredients except puff shells; mix thoroughly.

Cut tops from puff shells. Fill each shell with approximately 2 teaspoonfuls salad. Yield about 55 hors d' oeuvres.



*tuna puffs*

### **puff shells**

**½ cup boiling water**  
**¼ cup butter or margarine**  
**Dash of salt**  
**½ cup flour**  
**2 eggs**

Combine water, butter, and salt in saucepan; bring to boil. Add flour all at once; stir vigorously until mixture forms a ball and leaves sides of pan. Remove from heat. Add eggs, one at a time; beat thoroughly after each addition. Continue beating until stiff dough is formed. Drop by level teaspoonfuls onto well-greased cookie sheet, 15 × 12 inches.

Bake in 450°F oven 10 minutes. Reduce heat to 350°F; bake about 10 minutes. Yield about 55.

## **SNACKS**

### **garlic-butter chips**

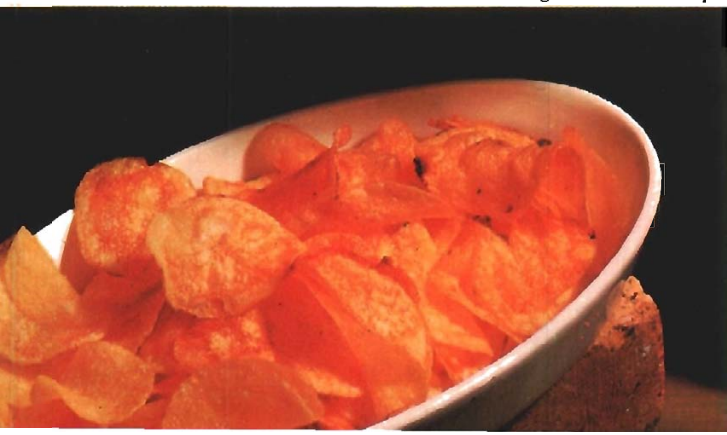
**¾ cup butter or margarine**  
**2 to 3 cloves garlic, cut into slivers**  
**Potato chips**

Preheat oven to 350°F.

Heat butter with garlic a few minutes; remove garlic.

Brush potato chips with garlic butter; place on baking sheets lined with paper towels. Heat 5 minutes; drain on clean paper towels. Yield as desired.

*garlic-butter chips*



*quark snacks*

### **quark snacks**

**2 cups all-purpose white flour**  
**3 teaspoons baking powder**  
**1 teaspoon salt**  
**¼ cup all-vegetable shortening**  
**¾ cup milk (about)**  
**2 egg yolks, beaten**  
**3 tablespoons caraway seeds**

#### *cottage-cheese filling*

**1 cup dry-curd cottage cheese**  
**2 tablespoons dried parsley flakes**  
**1 teaspoon salt**  
**2 tablespoons chopped pimiento**

Combine dry ingredients; cut in shortening to resemble coarse meal. Add milk to form soft dough. Knead dough 6 times. Roll on floured surface to ¼ inch thick. Brush half the biscuits with egg yolks; sprinkle with caraway seeds.

Bake biscuits at 450°F 10 minutes or until golden brown.

Make Cottage-Cheese Filling by combining cottage cheese, parsley flakes, salt, and pimiento.

To serve, spread Cottage-Cheese Filling on plain biscuits; top with caraway-seed biscuits. Yield 20.

### **snack mix**

**2 cups Grape-nuts cereal**  
**½ cup shredded coconut**  
**2 cups raisins**  
**½ cup crushed walnuts**

Mix together and enjoy. Yield 5 cups.



## APPETIZERS • SNACKS

### sweet or salty pretzels

- 1 package dry yeast
- ½ cup lukewarm milk
- 4 or more cups flour
- 1 teaspoon sugar
- ½ teaspoon salt
- 2 egg yolks
- ½ pound butter
- 2 tablespoons kosher salt or 4 tablespoons fine sugar

Dissolve yeast in milk.

Put flour in large bowl; make depression in center. Add dissolved yeast and milk, sugar, and salt. Add 1 egg yolk; mix well. Liberally dot mixture with ¼ pound butter. Knead it quickly and lightly. Roll out dough on floured board to a large square. Dot with ¼ pound butter. Fold in thirds. Cover dough; set in refrigerator on a lightly floured plate.

Put dough on flour-covered work surface; roll it out again to a square. Work butter into batter. Knead dough 4 times; let rest in refrigerator.

Repeat process again; let dough rest 30 minutes at room temperature.

Roll out dough final time to about 1 inch thick and 10 inches long, so that you can cut sticks about 1 inch wide. Cut and form these sticks into pretzel shapes. Put onto greased cookie sheet. Brush with egg yolk. Sprinkle with coarse salt or sugar.

Bake pretzels at 425°F 20 minutes. Allow to cool before serving. Yield 18 or 19.

### tortilla chips

- 1 dozen corn tortillas
- Oil for frying
- Salt

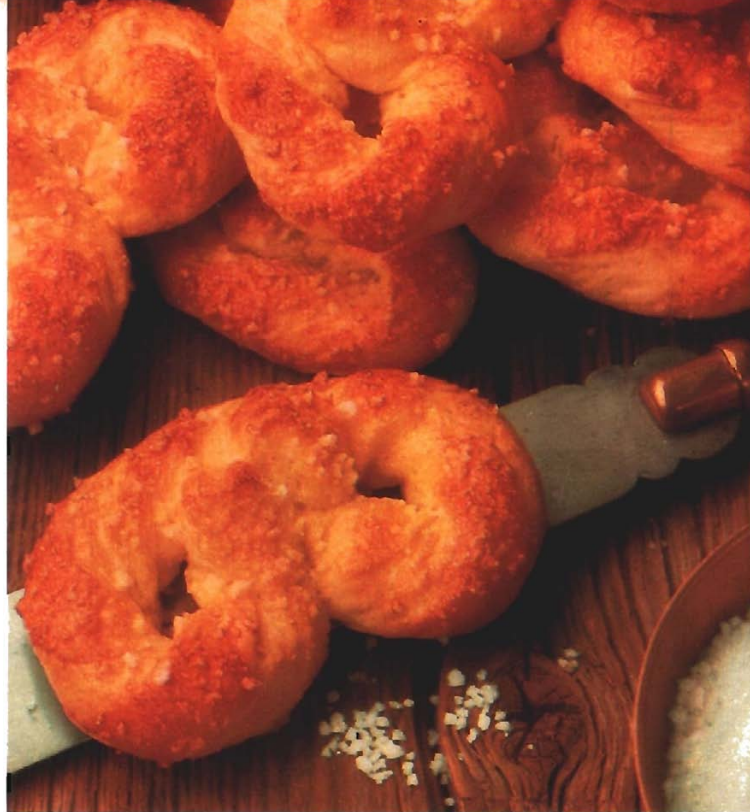
Defrost tortillas if frozen. Cut each tortilla into 8 wedges.

Use small heavy skillet, electric skillet, or deep fryer to heat at least 1 inch cooking oil to 360°F. Fry tortilla pieces, a few at a time, until crisp and lightly browned. Remove from oil with slotted spoon. Drain chips on paper towels; salt lightly.

Serve with dips or refried beans. Yield 8 dozen.

### tv snacks

- 1 small box Cheerios
- 1 box Wheat Chex
- 1 box Rice Chex
- 1 box pretzel sticks
- ½ pound nuts
- ¼ pound butter
- ⅔ cup peanut oil



*sweet or salty pretzels*

- 4 tablespoons Worcestershire sauce
- 2½ tablespoons garlic salt

Preheat oven to 250°F.

Put cereals, pretzel sticks, and nuts into roasting pan.

Melt butter in pan. Blend in oil, Worcestershire sauce, and garlic salt. Sprinkle over dry ingredients; mix through. Bake 1½ hours; stir several times while baking.

When done, remove from oven; spread on absorbent paper 20 minutes. When cool, put into jars; seal. Yield as desired.

## VEGETABLES

### rice-stuffed grape-vine leaves

These can be frozen in a covered container. Thaw them in the refrigerator 24 hours before serving.

- 1 1-pound jar vine leaves
- 1½ tablespoons olive oil
- 1 medium onion, finely chopped
- ½ cup pine nuts
- ¾ cup raw long-grain rice
- ½ cup golden raisins
- 2½ cups water
- 2 tablespoons finely chopped parsley
- ½ teaspoon salt
- Freshly ground pepper
- ½ teaspoon cinnamon
- 2 medium tomatoes, peeled, seeded, chopped



## VEGETABLES • APPETIZERS

**Juice of 1 lemon**

**¼ cup olive oil**

**Lemon wedges for garnish**

Unfold vine leaves. Rinse carefully under cold running water; drain.

Heat 1½ tablespoons oil in saucepan. Add onion; sauté until limp. Add pine nuts; cook over medium heat 5 minutes. Add rice, raisins, and 1½ cups water. Cover; cook 20 minutes or until all liquid is absorbed. Stir in parsley, salt, pepper, cinnamon, and tomatoes.

With stem end of leaf toward you, place approximately 1 tablespoon filling on each vine leaf. Fold up stem end to enclose filling. Fold sides to center; roll to form a neat package. Do not try to secure rolls with toothpicks; they are fragile and will tear easily.

Place thin layer of unfilled vine leaves in bottom of large, heavy saucepan. Tightly pack rolls in pan, seam-side-down, in layers. Sprinkle each layer with some of lemon juice and part of the ¼ cup oil. Add 1 cup water; place heavy kitchen plate on top of rolls in pan to weight them down. Cover pan; bring rolls to boil. Reduce heat to simmer; cook 30 minutes. Remove from heat; cool.

Carefully remove stuffed leaves from pan; serve them cold, garnished with lemon wedges. Yield 30 to 40 appetizers; 6 servings as a first course.

### stuffed mushrooms

**8 ounces cooked crab, shrimp, or lobster, minced**

**4 water chestnuts, minced**

*rice-stuffed grape-vine leaves*

**1 scallion, minced**

**2 teaspoons soy sauce**

**1 teaspoon dry sherry**

**1 teaspoon sugar**

**1 teaspoon cornstarch**

**1 egg**

**12 mushroom stems, minced, browned in a little oil**

**12 large mushrooms, stems removed**

**Parsley (optional)**

Combine all ingredients except mushroom caps and parsley. Fill mushroom caps with mixture. Bake at 350°F 20 minutes. Serve hot, garnished with parsley. Allow 2 or 3 to a person for a first course, or use smaller mushrooms, and serve on melba rounds as finger food. Yield 12 appetizers.

### stuffed zucchini hors d'oeuvres

**3 small zucchini, unpeeled**

**4 ounces cream cheese, softened**

**3 slices bacon, crisped, crumbled**

**1 clove garlic, minced**

**1 teaspoon chopped parsley**

**¼ teaspoon black pepper.**

Cut off zucchini ends; scoop out centers with long-handled spoon.

Mix together remaining ingredients. Stuff mixture firmly into center of zucchini, using a pastry bag with a wide-mouthed tip or a small spoon; chill. To serve, cut into ½-inch slices. Yield 4 to 6 servings.



# BATTERS

## basic tempura batter

**2 cups sifted all-purpose flour**

**3 egg yolks**

**2 cups ice water**

Sift flour 3 times.

Combine egg yolks and water in large bowl over ice; beat with whisk until well blended. Add flour gradually, stirring and turning mixture from bottom with a spoon. Do not overmix. Flour should be visible on top or batter will become gummy. Keep batter over ice while dipping and frying. Cold beer can be substituted for water, if desired. Yield about  $4\frac{1}{2}$  cups.

## beer tempura batter

**2 eggs**

**$1\frac{1}{3}$  cups sifted all-purpose flour**

**1 teaspoon salt**

**1 cup flat beer**

Place eggs, flour, and salt in bowl; mix well. Gradually stir in beer; beat just until smooth. Let stand 1 hour, or refrigerate overnight. Yield approximately 2 cups.

## golden tempura batter

**1 large egg**

**1 cup water**

**$1\frac{1}{4}$  cups sifted all-purpose flour**

Beat egg and water together. Add flour all at once; beat just until smooth. Let stand 1 hour, or refrigerate overnight. Yield approximately 2 cups.





# BEEF

## CURED BEEF

### CORNERED BEEF

#### boiled cornered beef

1 (3- to 5-pound) cornered-beef round

Place cornered beef in Dutch oven or heavy pan; cover with cold water. Bring slowly to boil. Simmer, covered, 3½ to 5 hours or until tender. Remove from broth; let stand 15 minutes before slicing.

Cabbage wedges and potatoes can be cooked in broth for old-fashioned cornered beef and cabbage. Yield 4 to 6 servings.

#### caribbean cornered-beef kabobs

Preheat oven to 350°F.

Preheat broiler.

2 medium onions

2 tablespoons oil

1 cup rice

3 cups beef stock (or water with cube)

1 orange

2 to 3 tablespoons butter

¼ cup pineapple juice

1 teaspoon Worcestershire sauce

1 teaspoon cornstarch

4 thick slices cornered beef (canned or home-cooked)

8 strips bacon

2 bananas

12 pineapple chunks (fresh or canned)

8 button mushrooms

4 bay leaves

Make risotto first: Cook 1 finely chopped onion in oil 5 minutes without browning. Add rice; cook 2 to 3 minutes. Add 2 cups stock and seasoning; stir well. Cook in oven about 30 minutes, until all stock is absorbed. Grate about half the orange rind over rice; mix in juice of orange with 1 teaspoon melted butter. Turn into buttered cake tin; keep warm in oven.

For gravy: Cook 1 finely chopped onion in 1 cup stock for about 15 minutes. Add pineapple juice, Worcestershire sauce, and remaining grated orange rind, without pith.

Mix cornstarch with 1 tablespoon cold water until smooth. Add to gravy; boil 1 minute to thicken.

Cut each slice of cornered beef into 4 chunks;

wrap each in half slice of bacon. Arrange on 4 skewers alternately with banana and pineapple chunks, mushrooms, and half bay leaves. Brush well with melted butter. Broil (or barbecue) 10 minutes, turning all the time.

Turn rice mold onto warmed serving dish. Lay kabobs on top or alongside. Serve gravy separately. Yield 4 servings.

*caribbean cornered-beef kabobs*





## BEEF • CURED BEEF

### corned beef and cabbage hash

- ¼ cup butter
- ¼ cup vegetable oil
- 3 cups thinly sliced onions
- 4 cups shredded cabbage
- Salt
- 2 medium potatoes, diced
- 1½ cups chopped cooked corned beef or  
1 12-ounce can corned beef, flaked
- 2 tablespoons tomato puree
- ¼ teaspoon freshly ground pepper

Heat butter and oil in large frypan. Add onions; cook until transparent. Place cabbage in saucepan. Add ½ cup water and ½ teaspoon salt. Cook over low heat until crisp-tender, about 12 minutes.

Cook potatoes in small amount salted water until tender.

Drain cabbage and potatoes well. Combine onions, cabbage, potatoes, and corned beef. Stir

*corned beef and cabbage hash*

in puree. Season with salt and pepper. Pack into loaf pan.

Bake in preheated 375°F oven 30 minutes.

Invert onto serving platter. Serve with poached eggs, if desired. Yield 5 to 6 servings.

### corned beef, cabbage, and red pepper stew

- 1 medium-sized head cabbage
- 1 large onion
- 2 red bell peppers
- 1½ pound boiled corned beef or 2 cans (12 ounces each) corned beef
- 1 cup water
- 4 drops Tabasco Sauce
- 2 teaspoons soy sauce
- 2 tablespoons vinegar
- 1 teaspoon sugar

Cut cabbage into 1-inch-wide wedges.

Slice onion into rings.

Remove stems and seeds from peppers; slice into ¼-inch-wide strips.







*corned-beef—stuffed potatoes*

Cut corned beef into thin slices.

Using Dutch oven or other heavy pan, arrange half the cabbage on bottom; top with half the onion, peppers, and beef slices. Repeat layers, using remaining cabbage, onion, peppers, and beef.

Combine water, Tabasco, soy sauce, vinegar, and sugar; pour over foods in pan. Cover; bring to boil. Reduce heat; simmer gently until tender (about 30 minutes).

Serve in wide soup bowls or deep plates. Yield 6 to 8 servings.

## corned-beef patties

3 cups riced potatoes  
2 cups minced corned beef  
¼ cup tomato puree  
1 teaspoon salt  
½ teaspoon white pepper  
4 eggs, beaten  
Flour  
Dry bread crumbs  
¼ cup bacon drippings  
¼ cup butter

Boil 4 or 5 potatoes until tender. Drain, dry. Force through ricer or spin briefly in food processor.

Combine potatoes, corned beef, tomato puree,

## CURED BEEF • BEEF

salt, pepper, and 2 eggs; mix well. Shape into patties. Chill thoroughly.

Dredge patties in flour; dip in remaining eggs. Coat well with bread crumbs.

Melt bacon drippings and butter in griddle over medium heat until hot. Fry patties slowly until browned on both sides. Serve immediately. Yield 8 to 10 servings.

## corned-beef— stuffed potatoes

4 large baking potatoes  
1½ cups minced cooked corned beef  
¼ cup butter or margarine  
Salt and pepper to taste  
⅛ cup minced fresh parsley  
4 eggs

Bake potatoes at 400°F 1 hour or until done. Cut slice off top of each potato; scoop out centers. Leave ¼ to ½ inch potato around walls. Mash potatoes. Stir in corned beef and butter. Add salt and pepper. Divide mixture among potatoes; reheat.

Meanwhile poach eggs.

Sprinkle potato tops with parsley; top with cooked eggs. Serve as main dish. Yield 4 servings.

## delta short ribs

3 pounds beef short ribs, cut into serving pieces  
Salt  
Pepper  
Flour  
1 tablespoon butter

*corned-beef patties*



## BEEF • CURED BEEF

2 (1-pound) cans stewed tomatoes

⅓ cup snipped celery leaves

¼ cup green pepper, chopped

1 teaspoon salt

¼ teaspoon chili powder

⅓ cup seedless raisins

1 tablespoon lemon juice

Cooked rice

4 to 6 thin slices lemon, twisted

Salt and pepper ribs; coat with flour. Brown on all sides in hot butter in Dutch oven over medium heat. Add tomatoes, celery, green pepper, salt, and chili powder. Simmer 2½ hours. Stir in raisins and lemon juice; simmer 10 minutes.

Serve over rice; garnish with lemon slices.

Skim fat from gravy; serve separately. Yield 6 servings.

## new england boiled dinner

1 (3 to 4 pounds) corned-beef brisket

1 garlic clove, minced

1 bay leaf

6 medium-size potatoes

3 carrots, cut in halves

2 small onions, cut in quarters

1 small head cabbage, cut in sixths

Place corned beef in Dutch oven; barely cover beef with water. Add garlic and bay leaf; bring to boil. Reduce heat; simmer, covered, until meat is tender when pricked with fork. 3 to 4 hours.

Remove meat from broth; keep warm. Add potatoes, carrots, and onions to broth. Cover; cook 10 minutes. Add cabbage; cook, covered, 20 minutes. Remove bay leaf. Yield 6 servings.

## DRIED BEEF

### chipped beef deluxe

2 tablespoons fat or oil

½ cup chopped celery

2 tablespoons chopped green pepper

2 tablespoons chopped onion

1 (10½-ounce) can condensed cream of mushroom soup

½ cup water

1 (4-ounce) package dried beef

2 tablespoons chopped pimiento

2 hard-cooked eggs, diced

3 cups cooked noodles (about 6 ounces uncooked)

Heat fat. Add raw vegetables; cook until they begin to brown. Stir soup, water, and beef into vegetables. Cook, stirring as needed, until thickened. Add pimiento and eggs. Serve on noodles. Yield 6 servings.

*Note: In place of mushroom soup and water, you can use 2 cups milk and ¼ cup flour. Gradually blend milk into flour.*

### creamed dried beef

1 (4-ounce) package dried beef

2 tablespoons butter

¼ cup chopped onion

1 can condensed cream of celery soup

⅓ cup water

1 cup evaporated milk

⅛ teaspoon Worcestershire sauce

Pull dried beef into small pieces. If beef is very salty, rinse first in warm water; drain well.

*frankfurter casserole*







*frankfurters with sauerkraut*

Melt butter over low heat in 2-quart saucepan. Add onion; cook until onion is yellow and transparent. Add beef; cook gently until edges curl. Blend in soup. Stir in water, evaporated milk, and Worcestershire sauce. Bring to serving temperature. Serve over baked potato or toast. Yield 4 servings.

*Note: A 5-ounce jar of dried beef can be substituted for the package if desired.*

## FRANKFURTERS

### batter-dipped all-beef hot dogs

For most people hot dogs mean a steamed, boiled, or grilled frankfurter stuck into a roll and covered with condiments. There are other ways to serve them. Buy the best. The cheaper varieties contain all kinds of unknown ingredients.

**½ cup cornmeal**  
**½ cup sifted flour**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**½ cup fluid milk**  
**1 egg, beaten**

**2 tablespoons melted fat or oil**  
**12 all-beef hot dogs**

**Fat or oil for deep frying**

Mix cornmeal, flour, salt, and pepper in bowl. Add milk, egg, and fat; stir until smooth.

Dip hot dogs into batter; drain over bowl.

Fry in heated fat 2 to 3 minutes, until golden brown, turning once. Remove from fat; drain. Yield 6 servings.

### frankfurter casserole

**2 tablespoons cooking fat**  
**1½ cups diced potatoes**  
**1 cup finely chopped onion**  
**2 green peppers, seeded, thinly sliced**  
**8 all-beef frankfurters, cut into 1-inch slices**  
**4 tablespoons water**  
**Salt and pepper**

Heat fat in skillet with tightly fitting lid. Add potatoes and onion; cook over low heat about 10 minutes. Add green peppers and frankfurters; mix well. Cook 5 minutes. Add water, salt and pepper to taste. Cover; cook 10 minutes. Yield 4 servings.

### frankfurters with sauerkraut

**1 1-pound can or bulk sauerkraut**  
**1 small onion, minced**  
**2 tablespoons bacon drippings**  
**1½ teaspoons caraway seed (optional)**  
**Freshly ground pepper to taste**  
**1 medium potato, grated**  
**1 cup dry white wine (optional)**  
**1 pound frankfurters**

Place sauerkraut in colander. Rinse thoroughly with cold water; drain well.

Saute onion in bacon drippings in large frypan until transparent but not browned. Add sauerkraut, caraway seed, pepper, potato, and 1 cup water or dry white wine. Simmer, covered, 30 minutes or until liquid is absorbed.

Place frankfurters in steamer pan over hot water; steam 20 minutes.

Turn sauerkraut into serving dish; arrange frankfurters on top. Yield 4 to 6 servings.

## BEEF • CURED BEEF

### hot dogs san francisco style

½ recipe Basic White Bread (see Index)

8 all-beef hot dogs

½ cup catsup

8 ounces mozzarella cheese, shredded

½ cup fried bacon crumbs

Prepare bread dough; let rise. Divide in half; use one half for small loaf of bread. Roll remaining half of dough into ½-inch-thick rectangle. Cut into 8 equal pieces. Wrap each hot dog in dough. Place on greased cookie sheet. Let rise 30 minutes.

Bake in preheated 375°F oven 20 minutes or until rolls are golden brown. Remove from oven.

Split rolls; pull hot dogs from buns so that one end is exposed, as illustrated. Pour 1 tablespoon catsup in each split bun. Top catsup with 1 ounce cheese. Return hot dogs to oven. Bake until cheese has melted. Remove from oven. Garnish with bacon crumbs. Serve at once. Yield 8 servings.

## GROUND BEEF

### american enchiladas

Ground or shredded beef is the housewife's best friend because it is so versatile, comparatively inexpensive, and easy to prepare.

*cornmeal crepes*

¾ cup flour

½ cup cornmeal

*hot dogs san francisco style*



*american enchiladas*

1¼ cups buttermilk

¼ teaspoon baking soda

3 eggs

1 tablespoon butter, melted

*sauce*

2 tablespoons olive oil

1 pound ground beef

¼ cup chopped onion

1 teaspoon chili powder

½ teaspoon ground cumin

½ teaspoon salt

¼ teaspoon pepper

1 (8-ounce) can tomato sauce

**Tomato wedges and parsley for garnish**

Measure all crepe ingredients into jar of electric blender or food processor; blend 30 seconds. Scrape down sides of blender; blend 1 minute. Refrigerate 1 hour.

Meanwhile, make sauce. Heat oil in large skillet. Brown meat and onion; stir frequently. Drain off excess fat. Add chili powder, cumin, salt, pepper, and tomato sauce; simmer 20 minutes. Keep sauce warm while making crepes.

Heat lightly oiled skillet or small crepe pan over moderate heat until drop of water sizzles and dances on hot pan. Stir batter. Pour scant ¼ cup batter into pan; tilt pan in all directions to coat



## GROUND BEEF • BEEF

bottom. Cook until bottom is lightly browned and edges appear dry. Turn; cook a few seconds, until lightly browned. Stack on a towel, with paper towels between each. Keep crepes warm in oven as others are cooked. When all crepes are made, fill each with some meat mixture. Roll crepes; place on warm platter.

Garnish enchiladas with fresh tomato wedges and parsley. Yield 6 servings.

### barbecued beef steak on a bun

**1½ to 2 pounds beef top round steak, ¾ to 1-inch thick**

**2 tablespoons flour**

**2½ teaspoons salt**

**⅛ teaspoon pepper**

**2 tablespoons cooking fat**

**1 small onion, finely chopped**

**½ cup water**

**¼ cup firmly back brown sugar**

**2 tablespoons prepared mustard**

**¼ teaspoon celery salt**

**Dash of ground cloves**

**1 can (6 ounces) tomato paste**

**¼ cup cider vinegar**

**1½ teaspoons Worcestershire sauce**

**Few drops of hot pepper sauce**

**1 small green pepper, cut into strips**

**6 Kaiser rolls or 8 hamburger buns, split**

Partially freeze steak; cut into strips ⅛ inch thick and 2 to 3 inches long.

Combine flour, 1 teaspoon salt, and pepper. Dredge strips; brown in fat in large frying pan. Pour off drippings. Add onion and water to strips; cover tightly. Cook slowly 30 minutes.

Combine brown sugar, mustard, 1½ teaspoons salt, celery salt, and cloves; sprinkle over strips. Stir in tomato paste, vinegar, Worcestershire sauce, and hot pepper sauce. Cook, covered, 20 minutes; stir occasionally. Add green pepper; cook 10 minutes. Serve on rolls. Yield 6 to 8 servings.

### barbecued meatballs

**1 pound ground beef**

**¾ cup bread crumbs**

**½ cup milk**

**½ cup chopped onions**

**1 teaspoon salt**

**½ teaspoon pepper**

**½ teaspoon oregano**

*beef shreds with carrots and green peppers*



## BEEF • GROUND BEEF

1 egg

### Barbecue Sauce

Combine ingredients; form into 1-inch meatballs. Brown in skillet; drain.

#### *barbecue sauce*

1 can (10½-ounce) tomato puree

¼ cup molasses

¼ cup brown sugar

¼ cup vinegar

1 teaspoon sweet basil

Simmer, covered, in skillet used for meatballs, about 15 minutes to allow flavors to blend. Delicious over rice or noodles. Yield 3 to 4 servings.

## beef and blue patties

2 pounds ground beef

1 teaspoon salt

⅓ teaspoon pepper

½ cup dairy sour cream

¼ cup crumbled blue cheese

Lightly mix ground beef, salt, and pepper; shape into 6 patties, ½ inch thick. Place patties on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 6 to 8 minutes on each side, depending on degree of doneness desired.

Meanwhile combine sour cream and blue cheese. About 2 minutes before end of broiling time, top each patty with about 1½ tablespoons

cheese mixture; continue broiling. Yield 6 servings.

## beef and pork with bean sprouts

½ pound finely chopped beef (chuck or round)

½ pound finely chopped pork (butt or shoulder)

2 tablespoons soy sauce

1 tablespoon vinegar

1 clove garlic, grated

1 teaspoon grated gingerroot

2 tablespoons vegetable oil

¼ to ½ cup green beans, cut into 1-inch pieces

¼ pound mushrooms, sliced in "T" shapes

1 cup bean sprouts

½ tablespoon cornstarch in ½ cup chicken or beef broth

Marinate beef and pork in combined soy sauce, vinegar, garlic, and gingerroot 20 to 30 minutes.

Heat oil in wok or skillet. Stir-fry beans 2 to 3 minutes; push up to sides. Stir-fry mushrooms 2 to 3 minutes; push up to sides. Additional vegetable oil may be needed. Stir-fry sprouts 1 to 2 minutes; push up to sides. Stir-fry beef and pork 3 to 4 minutes, until well done. Return vegetables to meat in center of pan. Add cornstarch mixture; heat until sauce is thickened and clear. Serve at once with rice. Yield 4 servings.

*beef tartare*







*bobotee*

## beef shreds with carrots and green peppers

- 1 tablespoon vegetable oil
- 2 thin slices gingerroot
- 1 clove garlic, cut in half
- 1 large green pepper, cut into thin strips
- 2 carrots, shredded
- 1 onion, sliced
- 1 cup bean sprouts
- 1 pound cooked beef, thinly sliced
- 4 water chestnuts, sliced
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch in 2 tablespoons water
- ½ cup chicken broth

Heat oil in frypan or wok; quickly brown ginger and garlic. Remove and discard ginger and garlic.

Stir-fry pepper and carrots 3 to 4 minutes; remove and reserve.

Add onion to frypan; stir-fry 2 minutes. Reserve with pepper and carrot mixture.

Stir-fry sprouts 1 minute; reserve with other vegetables.

Stir-fry beef strips and water chestnuts until heated.

Return vegetables to beef in frypan.

Combine soy sauce, cornstarch mixture, and broth; add to beef—vegetable mixture. Heat until sauce boils and thickens and ingredients are heated through. Serve on plate of hot rice. Yield 4 servings.

## beef tartare

- 1 pound chuck, round sirloin, or tenderloin steak
- Freshly ground black pepper
- 4 large raw onion rings
- 4 raw egg yolks

- 2 teaspoons capers
- 4 anchovy fillets
- Few chives (optional)
- Fresh horseradish (optional)
- 4 lemon quarters

Buy and grind steak as near to serving time as possible; meat becomes dark in color if left standing. Add only pepper to meat. Shape meat into 4 equal-size cakes; make depression in center of each with spoon. Place onion ring around depression; put egg yolk into center of each. Sprinkle few capers on top of egg yolk. Lay 1 curled anchovy fillet on top of each yolk or present garnishes on side. Decorate with few chives or fresh horseradish. Serve with rye bread and butter, or French bread and lemon quarters. Yield 4 servings.

## bobotee

- 2 pounds ground beef
- 2 thick slices white bread
- 1 cup milk
- 3 onions, chopped
- Butter
- 3 tablespoons curry powder (or paste)
- ½ tablespoon sugar
- Salt
- Juice of 1 lemon
- 10 almonds, slivered
- 3 eggs
- ¼ cup strong beef stock
- 2 bay leaves
- ½ cup chopped parsley

Preheat oven to 350°F.

Grind meat fairly coarsely.

Soak bread in some of milk. Squeeze until dry; retain milk.

Fry onions in butter. Add curry powder; fry 1

## BEEF • GROUND BEEF

minute. Add meat, sugar, salt, lemon juice, and almonds.

Beat eggs; add half to meat mixture. Whisk other half into milk. Thoroughly mix bread into meat mixture; add stock. Put meat mixture into buttered ovenproof dish; smooth top. Pour egg-and-milk mixture over; add bay leaves. Cook in oven 30 minutes or until set. Remove from oven.

Decorate top with chopped parsley. Serve with plain boiled rice and chutney. Yield 8 servings.

### chili bulgur

- 1 medium-size onion
- ½ green pepper (optional)
- 1 pound ground beef
- 2 teaspoons salt
- ¾ cup uncooked bulgur
- 3½ cups cooked or canned tomatoes
- 1 tablespoon chili powder

Chop onion.

Chop pepper.

Crumble ground beef in heated frypan. Add onion, pepper, salt, and bulgur. Cook and stir over medium heat until meat is browned. Drain off fat. Add tomatoes and chili powder. Cover; boil gently 20 to 25 minutes, until bulgur is tender. Yield 6 servings.

### chili con carne

- 2 tablespoons vegetable oil
- ½ cup thinly sliced onion
- ½ cup diced green pepper
- 1 clove garlic, crushed
- ¾ pound ground beef
- ¾ cup boiling water
- 1 can (about 20 ounces) peeled tomatoes
- 1 to 2 tablespoons chili powder (according to taste)
- ⅛ teaspoon paprika
- Salt

- 2 cups canned kidney beans

Heat oil in kettle. Cook onion, pepper, and garlic about 10 minutes. Add meat. Increase heat; stir until meat has browned. Add water, tomatoes, chili powder, paprika, and a little salt. Cover; cook over low heat about 45 minutes. Add beans; cook 30 minutes. Adjust seasoning to taste before serving.

Eat with dry salted crackers or with rice. Yield 4 to 5 servings.

### chili elegante

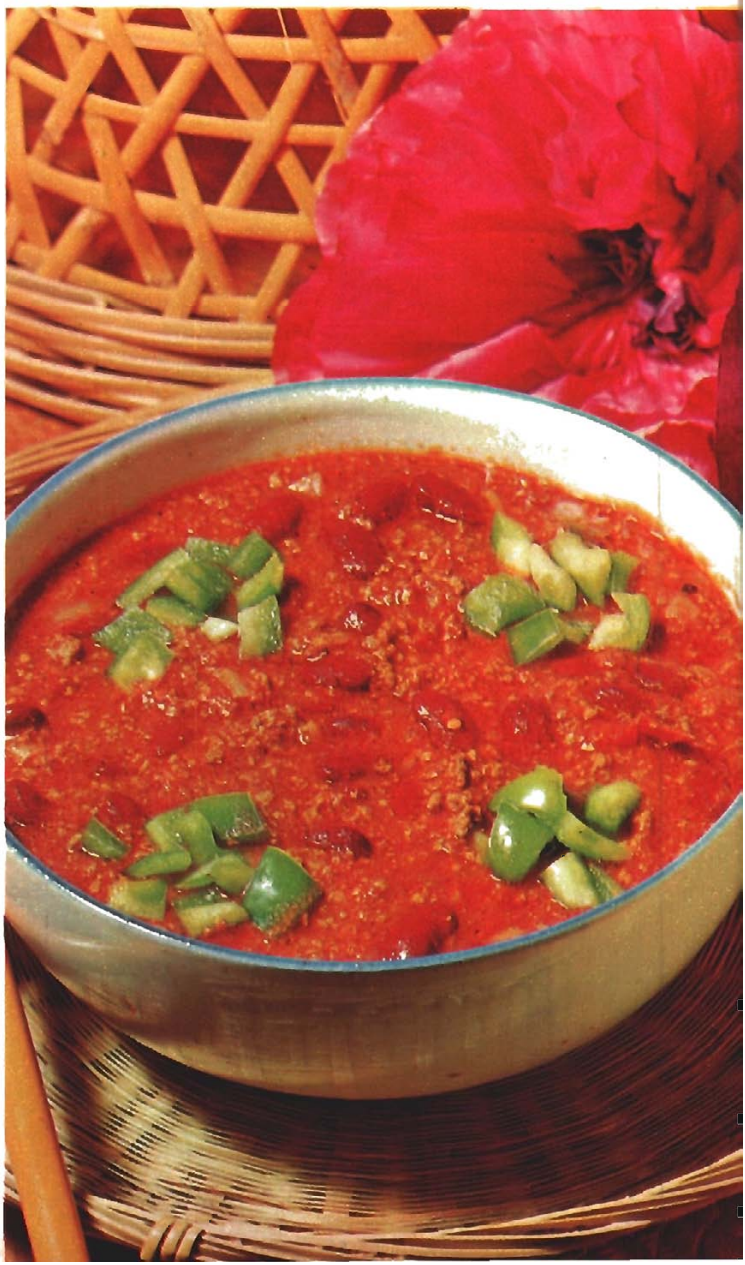
- 1½ cups red chili beans or
- 1 No. 2 can (2½ cups) kidney beans
- 1 large onion, sliced

- 1 green pepper, chopped
- 1 pound ground beef
- 3 tablespoons fat
- 2 (1-pound) cans (4 cups) tomatoes
- 1 to 2 tablespoons chili powder
- 1½ teaspoons salt
- 3 whole cloves
- 1 bay leaf
- Dash of paprika
- Dash of cayenne pepper
- ¼ cup dry sherry

Soak dry chili beans overnight. Cook in boiling, salted water until tender; drain.

Brown onion, green pepper, and meat in hot fat. Add tomatoes, seasonings, and dry sherry. Simmer 2 hours; add water if necessary. Add beans; heat thoroughly. Yield 6 servings.

*chili con carne*





## cranberry meatballs

- 1 pound lean ground meat
- 1 (16-ounce) can whole cranberries
- 1 bottle tangy catsup
- 1 tablespoon brown sugar
- Few drops lemon juice

Prepare meatballs as in recipe for Barbecued Meatballs, (see Index).

Mix together cranberries, catsup, sugar, and lemon juice. Combine with meatballs; place in lightly greased casserole. Bake uncovered at 350°F about 1 hour.

Serve with boiled sweet potatoes or cooked brown rice. Yield 4 servings.

## croquettes

- 1 pound cooked potatoes
- 1 small onion
- 2 to 3 cups cooked ground beef
- 1 tablespoon chutney
- 1 tablespoon chopped herbs
- ½ teaspoon salt
- ⅛ teaspoon white pepper
- Tomato puree (optional)
- 2 to 3 tablespoons flour
- 2 eggs, beaten
- Dry white crumbs
- Fat for deep frying
- A bunch of parsley

Boil and mash potatoes.

Finely chop onion.

Mix potatoes and onion with meat, chutney, herbs, and seasoning. Add a little tomato puree if mixture is too dry. Put mixture on floured board. Make into long roll; cut into sections about 1 inch thick and 3 inches long. Roll in seasoned flour. Brush all over with eggs; roll in bread crumbs. Deep-fry in smoking-hot fat until well browned; drain. Serve with parsley fried in deep fat a few seconds and pass a well-flavored sauce. Yield 4 servings.

## danish meat patties

- 1 pound lean ground beef
- 1 medium onion, coarsely chopped
- 2 tablespoons all-purpose flour
- ¼ cup club soda
- 1 egg, beaten
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons vegetable oil
- 2 pounds small new potatoes
- 2 tablespoons melted butter
- 3 tablespoons chopped chives

Combine ground beef and onion in large bowl;



*danish meat patties*

blend well. Stir in flour, soda, egg, and seasonings. Chill 1 hour.

Shape into six 4 × 2 × 1-inch-thick oval patties; dredge with additional flour.

Heat oil in a large skillet. Add patties. Cook over moderate heat until browned and cooked through; turn once. Drain well on paper toweling; keep warm. At the same time cook well-washed potatoes in boiling, salted water until tender, 15 to 20 minutes. Drain potatoes; remove skins or not, as you prefer.

Arrange patties and potatoes on heated serving platter. Pour melted butter over potatoes; sprinkle with chives. Serve with sour cream, if desired. Yield 6 servings.

## dumpling steak

- 2 pounds ground beefsteak
- 3 large onions, chopped fine
- 5 tomatoes, skinned, seeded, and chopped
- 1 teaspoon salt
- ¼ teaspoon black pepper
- Paprika to taste
- 1 tablespoon butter
- Tomato quarters for garnish
- Parsley for garnish
- Onion rings for garnish

Mix meat with onions and tomatoes. Add salt, pepper, and paprika. Form into large, round dumpling; set in well-greased casserole. Dot top with specks of butter. Bake it at 400°F 1 hour.

Decorate finished dumpling with tomato, parsley, and onion. Yield 6 to 8 servings.



*dumpling steak*

## german meat loaf

- 1 pound ground beef
- 1 egg
- ¼ cup milk
- ⅓ cup dry bread crumbs
- ½ cup chopped onion
- ½ teaspoon salt
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon pepper
- 1 small head cauliflower
- 1 cup grated sharp cheddar cheese
- 1 cup evaporated milk
- 3 tomatoes, halved

Mix beef, egg, milk, crumbs, onion, and seasonings to make meat loaf. Mold into ring in 2-quart-round baking dish.

Parboil cauliflower 5 minutes. Place in center of meat loaf.

Mix cheese and milk, pour over cauliflower.

Bake at 350°F 45 minutes to 1 hour. Last 5 minutes of baking, place tomatoes on top of meat loaf. Yield 4 servings.

## gingersnap meatballs

Goes well with noodles.

- 1 pound lean ground beef
- ¾ cup bread crumbs
- 1 medium onion, minced fine
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 6 teaspoons lemon juice
- 2 tablespoons water
- 4 tablespoons margarine or shortening
- 2½ cups beef broth
- ½ cup brown sugar
- ¾ cup gingersnap crumbs

Mix meat, bread crumbs, onion, salt, pepper, 3 teaspoons lemon juice, and water in bowl. Mix well; form into 1-inch balls.

Heat shortening in medium skillet; brown meatballs. Remove balls from pan.

Add beef broth and 3 teaspoons lemon juice to pan drippings. Bring to boil; add brown sugar and gingersnap crumbs. Add meatballs to sauce; cook, covered, 10 minutes. Stir once; allow to simmer uncovered 5 minutes. Taste sauce for seasoning. Yield 4 to 6 servings.

## hamburger parmesan

- 1½ pounds ground round beef
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup unsifted flour
- 2 eggs, beaten
- 1 cup fine, dry, bread crumbs
- 3 tablespoons fat or oil

*gingersnap meatballs*





- 6 slices mozzarella cheese
- 1 (4-ounce) can mushroom pieces, drained
- 1 (15-ounce) can spaghetti sauce
- 3 tablespoons grated Parmesan cheese

Preheat oven to 400°F.

Gently mix beef with salt and pepper. Shape into 6 patties about ½ inch thick. Coat each patty with flour; dip into eggs. Coat with bread crumbs. Brown in fat. Arrange in single layer in baking pan, about 13 × 9 × 2 inches. Top each patty with slice of mozzarella cheese. Place mushroom pieces on top of cheese-covered patties. Top with spaghetti sauce. Sprinkle with Parmesan cheese.

Bake 25 minutes or until sauce is bubbly and cheese is melted. Yield 6 servings.

## **hawaiian sweet-and-sour meatballs**

- 1½ pounds ground beef
- 2 eggs
- 4 tablespoons cornstarch
- 1 onion, minced
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg
- 1 teaspoon salt
- ¼ teaspoon garlic powder or minced garlic
- 2 tablespoons salad oil
- 1¼ cups pineapple juice
- 1 tablespoon soy sauce
- 3 tablespoons vinegar
- ⅓ cup water
- ½ cup brown sugar
- 2 cups fresh pineapple and papaya chunks
- 2 green peppers, cut bite-size

Blend together beef, eggs, 1 teaspoon cornstarch, onion, pepper, nutmeg, salt, and garlic. Form into 1-inch balls.

Heat oil in skillet; brown meatballs on all sides.

In large saucepan add remaining cornstarch, soy sauce, vinegar, water, and brown sugar to pineapple juice. Cook until thickened; stir constantly. Add meatballs, fruit, and peppers. Cook 5 minutes or until fruit is well heated. Yield 4 to 6 servings.

## **jambolaya**

- ¾ cup uncooked long-grained rice
- 3 tablespoons oil
- 1 clove garlic, diced
- 2 green peppers, chopped
- 1 cup chopped onion
- 1 pound ground beef
- ¼ teaspoon paprika
- ½ teaspoon Worcestershire sauce
- 1 tablespoon chopped parsley

- 1 small bay leaf
- 1 (No. 2) can tomatoes (2½ cups)
- ¼ teaspoon chili powder
- 1½ teaspoon salt
- ¼ teaspoon black pepper

Cook rice.

Place oil in heavy skillet; sauté garlic. Sauté pepper and onion until soft. Push to one side of pan; brown meat. Add rest of ingredients. Cover, simmer gently 30 minutes.

Add rice; stir. Simmer 20 minutes. Yield 4 to 6 servings.

## **meatballs königsberg-style**

### *meatballs*

- 1 hard roll
- ¾ cup water
- 1 pound lean ground beef
- 1 strip bacon, diced
- 4 anchovy fillets, diced
- 1 small onion, chopped
- 1 egg
- ½ teaspoon salt
- ¼ teaspoon white pepper

### *broth*

- 6 cups water
- ½ teaspoon salt
- 1 bay leaf
- 1 small onion, peeled, halved
- 6 peppercorns

### *gravy*

- 1½ tablespoons butter or margarine
- 1½ tablespoons flour
- 1 tablespoon capers, drained
- Juice of ½ lemon
- ½ teaspoon prepared mustard
- 1 egg yolk
- ¼ teaspoon salt
- ¼ teaspoon white pepper

Soak roll in water about 10 minutes. Squeeze dry; place in mixing bowl with ground beef. Add bacon, anchovy fillets, onion, egg, salt and pepper; mix thoroughly.

Prepare broth by boiling water seasoned with salt, bay leaf, onion, and peppercorns.

Shape meat mixture into balls about 2 inches in diameter. Add to boiling broth; simmer over low heat 20 minutes. Remove meatballs with slotted spoon. Set aside; keep warm. Strain broth through sieve. Reserve broth; keep warm.

To prepare gravy, heat butter in frypan; stir in flour. Cook 3 minutes, stirring constantly. Slowly blend in 2 cups reserved broth. Add capers, lemon juice, and mustard; simmer 5 minutes.

Remove a small amount of sauce to blend with egg yolk. Stir egg yolk back into sauce. Season







with salt and pepper.

Place reserved meatballs into gravy; reheat if necessary. Serve on a preheated platter. Yield 4 servings.

## meat loaf

- 1½ pounds ground beef
- 3 slices soft white bread, torn into very small pieces
- 1 cup tomato juice or milk
- ½ cup finely chopped onion
- 2 tablespoons chopped parsley
- 1 egg, beaten
- 1 teaspoon salt
- ¼ teaspoon pepper

Mix ingredients thoroughly. Press into 9 × 5 × 3-inch loaf pan or shape into loaf.

Bake uncovered at 350°F about 1½ hours. Remove from oven; drain off excess fat. Yield 6 servings.

## meat—potato cakes

- 1 small onion, chopped
- 2½ cups cut-up, canned chopped meat or canned luncheon meat
- 2 cups cold mashed potatoes
- 1 egg

Mix all ingredients. Shape into 12 patties. Brown on both sides in greased frypan over medium heat. Yield 6 servings, 2 patties each.

## mock stroganoff

- 1 pound ground beef
- ¼ cup chopped onion
- 1 crushed garlic clove
- 1 can condensed cream of mushroom soup
- ⅓ cup milk
- 2 tablespoons sherry
- ½ cup sour cream

Salt

Cooked noodles or rice

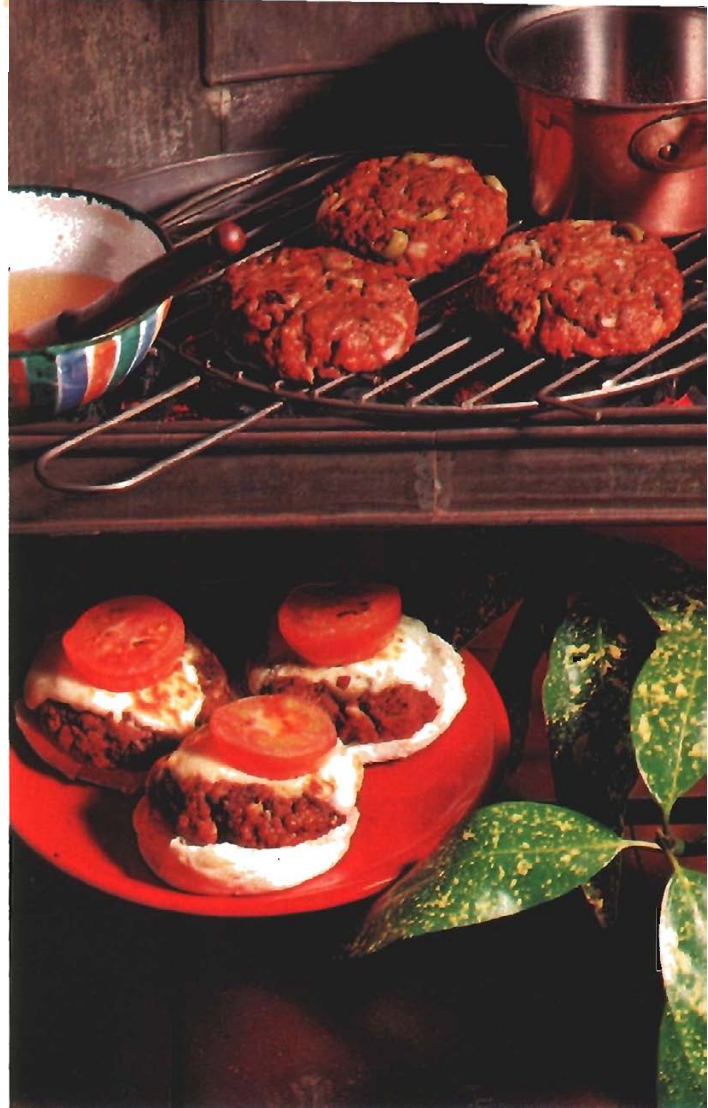
Chopped parsley

Lightly brown meat in skillet with onion and garlic, stirring. Add soup and milk; heat well, stirring. Reduce heat; stir in sherry, then sour cream. Season to taste.

Serve over noodles; garnish with parsley. Yield 4 to 6 servings.

## pizza hamburgers

- 1½ pounds ground beef
- ¼ cup grated Parmesan cheese
- ¼ cup finely chopped onion
- ¼ cup chopped stuffed olives



*pizza hamburgers*

- 1 teaspoon oregano
- 1 small can tomato purée
- Salt
- Black pepper
- 8 thin slices Bel Paese cheese (or mozzarella)
- 4 tomatoes
- 4 hamburger buns, split, toasted

Mix meat, grated cheese, onion, olives, oregano, and tomato purée together. Season with salt and black pepper. Shape into 8 patties. Broil on grid or under broiler (medium heat) about 10 minutes. Turn; place slice of cheese and half tomato on each. Cook a few minutes, until cheese melts and hamburgers are cooked.

Serve on hamburger buns. Yield 8 servings.

## stuffed chilies

- 2 medium onions, chopped
- 1 clove garlic, crushed
- 2 tablespoons oil
- ½ pound ground beef
- ½ pound ground pork
- 1 cup chopped fresh tomatoes
- 1 teaspoon salt
- ½ teaspoon pepper

## BEEF • GROUND BEEF

**4 tablespoons sliced almonds**

**4 tablespoons raisins**

**8 whole canned chilies**

**½ cup flour**

**4 eggs**

**Oil for frying**

Sauté onions and garlic in 2 tablespoons oil until onion is transparent. Add ground meats; stir until meat is crumbly. Add chopped tomatoes, seasonings, almonds, and raisins; simmer.

Remove chili seeds; leave skins whole. Stuff with meat filling; roll well in flour. Dip in following egg batter: Beat egg whites until stiff; beat egg yolks. Combine egg yolks with egg whites.

Fry chilies in deep fat at 375°F until golden brown. Remove; drain on paper toweling. Yield 8 servings.

### stuffed peppers

**6 medium green peppers**

**Salt**

**1 pound ground beef**

**½ cup chopped onion**

**1 tablespoon fat**

**2 cups stewed tomatoes or 1 (1-pound) can**

**¾ cup cooked rice**

**2 tablespoons Worcestershire sauce**

**Pepper**

**1 cup shredded sharp American cheese**

Cut off tops of peppers; remove seeds and membranes. Precook in boiling salted water 5 minutes; drain. Sprinkle insides with salt.

Brown meat and onion in hot fat. Add tomatoes, rice, Worcestershire sauce, salt, and pepper. Cover; simmer until rice is tender, about 5 minutes. Add cheese.

*sweet-and-sour chinese meatballs*



Stuff peppers. Stand up in baking pan. Bake, uncovered, in 350°F oven 25 minutes or until hot. Sprinkle with more cheese. Yield 6 servings.

### sweet-and-sour beef

**1 tablespoon shortening**

**2 pounds cubed lean stewing beef**

**½ teaspoon salt**

**2 cups canned tomatoes**

**⅓ cup brown sugar**

**⅓ cup vinegar**

**½ cup finely chopped onion**

**½ bay leaf**

**1 green pepper, cut into thin strips**

Melt shortening in large skillet; brown beef on all sides. Add salt, tomatoes, brown sugar, vinegar, onion, and bay leaf. Cover skillet; lower heat. Let simmer about 2 hours, until beef is tender. Add pepper strips to beef; cook 10 minutes to blend all flavors. Serve with hot rice or noodles. Yield 6 to 8 servings.

### sweet-and-sour chinese meatballs

**1 pound extra-lean ground beef**

**¾ teaspoon salt**

**½ teaspoon pepper**

**½ teaspoon grated fresh gingerroot**

**2 tablespoons vegetable oil**

**1 green pepper, cut into ¼-inch cubes**

**1 onion, chopped**

**1 carrot, grated**

**2 tablespoons vinegar**

**2 tablespoons brown sugar**

**1 teaspoon soy sauce**

**1 teaspoon dry sherry**

**1 tablespoon cornstarch stirred into ½ cup cold chicken or beef broth**

Blend together ground beef, salt, pepper, and ginger. Shape into 1-inch meatballs.

Heat oil in wok or skillet; brown meatballs on all sides about 2 minutes. Add remaining ingredients. Cook over moderate heat, stirring constantly, until mixture thickens. Cook 5 minutes. Serve at once with rice. Yield 4 servings.

### tagliatelle bolognese

**1 onion, chopped**

**1 carrot, diced**

**1 stalk celery, diced**

**½ green pepper**

**2 tablespoons water**

**1 tablespoon dry vermouth**

**1 pound lean ground beef**





*sweet-and-sour beef*





*tagliatelle bolognese*

**2 (8-ounce) cans tomato sauce**  
**1 clove garlic, minced**  
**1 bay leaf**  
**1 cup beef bouillon**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**¾ pound tagliatelle or other pasta**  
**¼ cup grated Parmesan cheese**

In large frypan sauté onion, carrot, celery, and green pepper in water and vermouth until onion turns translucent. Remove vegetables with slotted spoon; set aside.

Brown ground beef in same pan; add more vermouth if necessary to prevent sticking. Drain beef. Add vegetables, tomato sauce, garlic, bay leaf, bouillon, salt, and pepper. Gently simmer, uncovered, 30 minutes.

Meanwhile cook pasta according to package directions. Do not overcook. When pasta is done to taste, adjust seasonings in sauce. Discard bay leaf.

Turn pasta into hot serving dish; pour cooked meat sauce into center. Sprinkle with Parmesan cheese. Yield 4 servings.



## **tamale pie**

- ½ pound ground beef**
- ½ pound bulk pork sausage**
- 1 large onion, sliced**
- ⅛ teaspoon minced garlic**
- 1 (16-ounce) can tomatoes with juice**
- 1 (12-ounce) can whole-kernel corn, drained**
- 1 tablespoon chili powder**
- 1 teaspoon salt**
- ¼ teaspoon pepper**

### *cornmeal pastry*

- 1 cup cornmeal**
- 2 medium eggs**
- 1 cup milk**
- 18 green olives, chopped**
- Olive slices for garnish**

Cook meats with onion and garlic until browned. Stir in tomatoes with juice, corn, and seasonings. Simmer 10 minutes. Pour into greased oblong baking dish.

Prepare cornmeal crust by mixing cornmeal, eggs, milk, and chopped olives. Spread over hot mixture. Decorate top with few olive slices. Bake at 350°F 30 to 35 minutes. Serve tamale pie warm. Yield 4 to 6 servings.

## **tomato ground beef**

- 1 tablespoon shortening**
- 1 large onion, diced**
- 1 green pepper, diced**
- 1½ pounds ground beef**
- 1 carrot, diced**
- 1 can tomato soup, undiluted**
- 1 teaspoon salt**
- 1 teaspoon garlic salt**
- ¼ teaspoon freshly ground black pepper**

Heat shortening in medium skillet; sauté onion and green pepper until lightly browned. Add beef and carrot. Sauté 1 minute. Add soup. Add seasonings; simmer about 5 minutes to blend flavors.

To make this a complete meal, add 1 cup cooked rice, or serve over cooked noodles or spaghetti. Yield 4 to 6 servings.

## **ROASTS**

### **beef in red wine**

- 3 to 4 pounds boneless beef (rump, sirloin tip, or round)**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground black pepper**

*tomato ground beef*





*beef in red wine*

***marinade***

3 cups red wine  
1 cup water  
½ cup sliced onions  
¼ cup sliced carrots  
1 clove garlic, minced  
1 bay leaf, crumbled  
2 teaspoons chopped fresh parsley  
1 teaspoon thyme

***braising ingredients***

2 tablespoons vegetable oil  
2 strips lean bacon, cubed  
1 ounce brandy, warmed  
1 veal or beef knuckle  
1 tomato, peeled, quartered  
1 tablespoon chopped fresh parsley  
1 bay leaf  
3 green onions, chopped  
1 cup beef bouillon  
½ teaspoon salt

***vegetables***

10 small white onions, peeled  
8 carrots, peeled, shaped like small balls  
Parsley for garnish  
2 tablespoons flour  
2 tablespoons butter  
3 tablespoons Madeira  
2 tablespoons cognac

Rub beef with salt; sprinkle with pepper.

Blend all marinade ingredients. Pour marinade into glass or ceramic bowl. Add beef; turn it several times, so that all sides are coated with marinade. Cover; marinate in refrigerator 12 to 24 hours. Turn beef occasionally.

Remove beef from marinade, drain. Pat dry with paper towels. Strain; reserve marinade.

Heat oil in large Dutch oven. Add bacon; cook until transparent. Add beef; brown well on all sides. Drain off fat. Pour warm brandy over meat. Ignite; wait until flames die down. Add remaining braising ingredients; cover pan. Place in preheated 350°F oven. During cooking, occasionally pour some reserved marinade over beef. Cook meat 3 hours.

Meanwhile, prepare vegetables. Add onions and carrots to Dutch oven; braise 1 hour.

When meat and vegetables are tender, remove from oven; place on preheated platter. Surround with onions and carrots. Garnish with parsley. Keep food warm.

Strain sauce through fine sieve. Skim off fat, if necessary.

Cream together flour and butter. Thicken pan sauce with all or part of this. Stir and heat to boiling 1 to 2 minutes. Add Madeira and cognac. Adjust seasonings.

Spoon some sauce over meat; serve rest separately. Yield 6 servings.



## **beef with sauerkraut**

2½ to 3 pounds brisket of beef  
3 tablespoons bacon fat  
1 large onion, peeled, sliced  
2 pounds sauerkraut  
2 cups boiling water  
Salt and pepper  
Few caraway seeds

Heat fat in pan. Add onion; sauté until lightly browned. Put in meat; arrange sauerkraut on top. Add boiling water; cover. Simmer over low heat 2 to 2½ hours or until meat is tender. Add salt and pepper to taste and a few caraway seeds. Serve with boiled potatoes. Yield 6 servings.

## **boiled beef and carrots**

3 to 4 pounds bottom round of beef  
1 large onion stuck with 2 cloves  
6 peppercorns  
1 bay leaf  
Parsley stems  
Sprig of thyme  
Salt  
8 to 10 medium carrots  
2 small turnips  
3 celery stalks  
4 to 6 small onions, whole  
2 cups flour (all-purpose)  
8 tablespoons suet (or butter)  
3 tablespoons chopped parsley  
½ tablespoon thyme

½ tablespoon marjoram  
Pepper

Into large pot put beef, large onion, peppercorns, bay leaf, parsley stems, sprig of thyme, enough water to cover meat, and a little salt. Slowly bring to boil, remove any scum that rises to surface. Put lid on pot; simmer 1 hour.

Peel and quarter carrots and turnips lengthwise.

Remove herbs and large onion from pot.

Add carrots, turnips, celery, and small onions to pot, simmer 1 hour.

Make dumplings: Sift flour with pinch of salt. Mix in finely shredded suet, herbs, and pepper. Mix in water to make light dough. Divide into pieces about size of small walnut, rolling between hands. Drop dumplings into boiling liquid around meat; cover pot. Cook about 15 to 20 minutes.

Serve on large dish with vegetables and dumplings. Serve gravy separately in sauceboat. Yield 6 servings.

## **burgundian roast sirloin**

1 (5-pound) sirloin tip roast

1 recipe Marinade for Beef (see Index)

Place roast in shallow dish; cover with marinade. Marinate in refrigerator overnight or at room temperature several hours. Turn roast several times while marinating to soak completely.

Place roast on rack in shallow roasting pan. Pour 1 cup water in pan.

Set meat thermometer to temperature for desired doneness; insert thermometer in roast.

*beef with sauerkraut*







*boiled beef and carrots*

Bake in preheated 325°F oven until thermometer dial reaches desired temperature. Add small amount water as needed to prevent roasting pan from becoming too dry. Yield 10 to 12 servings.

## cranberry pot roast

3 to 4 pounds beef arm pot roast,  
cut 2 inches thick  
2 tablespoons cooking fat, if needed  
2 teaspoons salt  
¼ teaspoon pepper  
4 whole cloves  
1 stick cinnamon  
½ cup water  
3 tablespoons prepared horseradish  
6 medium carrots  
6 small onions  
½ cup cranberry sauce (whole-berry)  
2 tablespoons flour

Brown meat in own fat (trimmed from meat) or in cooking fat, if needed, in large frying pan. Pour off drippings. Sprinkle salt and pepper over meat. Add cloves and cinnamon.

Combine water and horseradish; add to meat. Cover tightly; cook slowly 2½ hours. Turn meat.

Cut carrots into 2-inch pieces.

Cut onions in half lengthwise.

Add vegetables to meat. Cook, covered, 40 minutes or until meat and vegetables are tender. Remove meat and vegetables to warm platter.

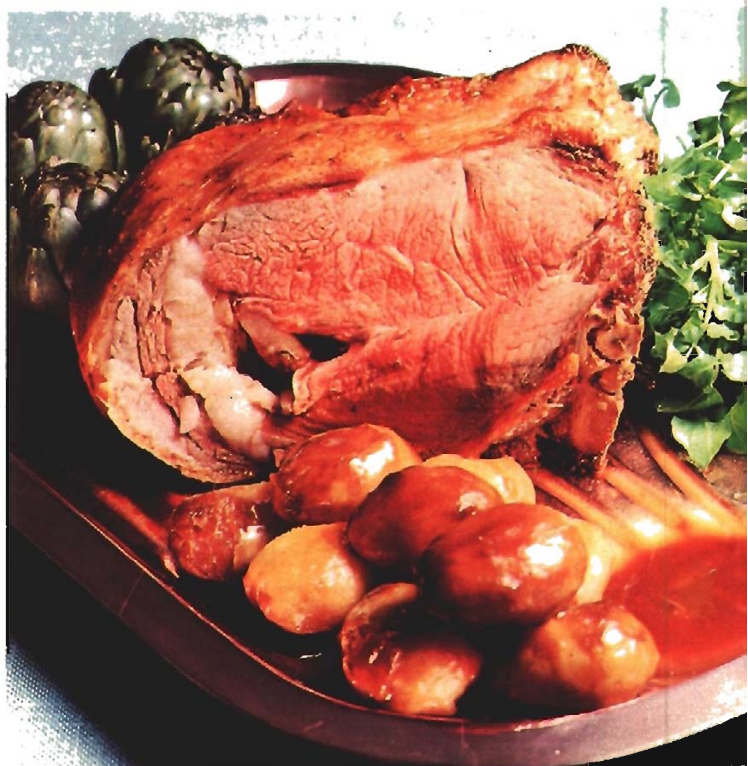
Blend cranberry sauce with flour; combine with cooking liquid. Cook, stirring constantly, until

thickened. Reduce heat; cook 3 minutes. Yield 6 to 8 servings.

*Note: For beef blade roast, reduce initial cooking time 30 to 45 minutes.*

## football brisket

1 envelope powdered onion soup mix  
2 cups water  
3 to 4 pounds brisket of beef  
Pepper





- ¾ cup catsup**
- ½ cup beer**
- ¼ cup flour**

Mix onion soup mix with water in roasting pan. Season meat with a little pepper, if desired. Place meat in pan; cover tightly. Cook at 325°F 2 to 2½ hours or until meat is just about tender. Remove meat.

Place gravy in bowl; put bowl in freezer. When fat hardens remove from gravy. Combine gravy with catsup, beer, and flour.

Slice meat. Place in roasting pan; cover with gravy mixture. Bake at 325°F 40 minutes, until the meat is tender. Taste for seasoning. Yield 6 to 8 servings.

## **marinated beef roast**

- 1 clove garlic, minced**
- 1 teaspoon ground black pepper**
- 1 bay leaf**
- 1½ cups dry red wine**
- 2 tablespoons lemon juice**
- 1 (4-pound) rolled rump roast**
- 3 tablespoons olive oil**
- 2 tablespoons flour**
- 2 tablespoons water**

Combine garlic, pepper, bay leaf, wine, and lemon juice in enamelware pan or deep glass casserole. Add roast; turn several times to coat with mixture. Cover; let marinate in refrigerator at least 24 hours; turn occasionally.

Heat oil over moderate heat.

Remove roast from marinade; pat dry. Brown on all sides in hot oil.

Meanwhile, preheat oven to 375°F.

Pour marinade over roast in Dutch oven; cover tightly. Place in oven; cook 2 hours. Uncover; bake 30 minutes. Transfer pan to stove; remove meat to warm platter.

Make a paste with flour and water; thicken pan gravy.

Slice roast. Serve with gravy and oven-fried potato wedges or boiled or mashed potatoes. Yield 8 to 10 servings.

## **pot roast**

- 1 clove garlic**
- 3 to 4 pounds shoulder, blade of beef, or chuck steak**
- Flour**
- Salt and pepper**
- 2 tablespoons oil**
- 1 or 2 carrots, peeled, chopped**
- 1 or 2 stalks celery, chopped**
- 2 to 3 tablespoons chopped green pepper**
- 1 small turnip, peeled, diced**

- 1 onion, peeled, stuck with 3 cloves**
- 2 cups boiling stock or water**
- Cooked rice or noodles**

Cut garlic clove; rub over meat.

Sprinkle meat liberally with flour to which some salt and pepper have been added.

Heat oil in large, heavy kettle. Put in meat; brown well on one side. Turn meat. Add carrots, celery, green pepper, and turnips. Cook until meat is browned on underside. Pour off excess fat. Add onion and stock. Cover tightly; cook over low heat 2 to 2½ hours. Turn meat occasionally; add stock or water as required. Adjust seasoning.

Serve with rice or noodles and pot liquid, thickened with 1 tablespoon flour mixed to smooth paste with 2 tablespoons cold water. Add to hot liquid; stir until thickened. (Any meat left over is very good served cold.) Yield 6 servings.

## **pot roast and stuffed cabbage**

- ¼ cup flour**
- 2 teaspoons salt**
- ⅛ teaspoon pepper**
- 3 to 3½-pound beef arm pot roast**
- 3 tablespoons lard or drippings**
- ¼ cup water**
- ½ bay leaf**
- 1 small head cabbage**
- 3 cups cooked rice**
- 2 ounces shredded Cheddar cheese**
- ¼ teaspoon marjoram**
- ⅛ teaspoon sage**
- 1 can (16 ounces) tomatoes**
- 1 large onion, chopped**

Combine flour, salt, and pepper. Dredge meat; reserve excess flour. Brown meat in lard. Pour off drippings. Sprinkle reserved excess flour over meat. Add water and bay leaf; cover tightly. Cook slowly 2 hours or until meat is almost tender.

Remove center core of cabbage; cook in boiling, salted water 12 to 15 minutes. Remove 8 leaves. Thinly slice remaining cabbage. Drain thoroughly; reserve.

Combine rice, cheese, marjoram, and sage.

Drain tomatoes; reserve liquid. Cut pulp into small pieces. Add half of pulp to rice mixture. Divide into 8 equal portions; roll each portion in cabbage leaf. Secure with small wooden picks.

Combine remaining tomato pulp and liquid with sliced cabbage and onion; add to meat. Place cabbage rolls on top of meat. Cook slowly, covered, 30 minutes or until meat is tender.

Remove picks from cabbage rolls. Remove meat and cabbage rolls to warm platter.

## BEEF • ROASTS

Stir cabbage and cooking liquid to combine. Serve sauce with meat and cabbage rolls. Yield 8 servings.

*Note: Arm pot roast is an economic beef cut from chuck section that can be easily identified by its round bone. A blade pot roast can be substituted. In this case, reduce initial cooking time by 30 to 45 minutes, as blade pot roast cooks more quickly.*

### roast beef au jus and yorkshire pudding

#### yorkshire pudding

**1 cup all-purpose flour**

**¾ teaspoon salt**

**2 large eggs**

**1 cup milk**

**1 cup shortening for roasting**

**4 pounds rolled rib roast**

**2 pounds potatoes**

**1 cup stock**

**½ cup grated fresh horseradish**

**(or horseradish sauce)**

Preheat oven to 450°F.

Prepare batter: Sift flour into mixing bowl. Add salt; make hollow in center. Add eggs and a little milk. Stir and draw flour into center gradually until smooth. Add remaining milk; beat well. Let stand 30 minutes.

Melt shortening in roasting pan. Place roast (thawed, if frozen) in pan; baste well. Roast 15 minutes per pound; baste every 15 minutes.

Peel potatoes; boil 5 minutes. Drain; scratch with fork to make crisp. After 15 minutes put in pan with meat; cook about 45 minutes.

After 30 minutes, pour off about 1 tablespoon fat drippings from meat into small, open pan; reheat. Add batter; place at top of oven until well-risen and brown, about 30 minutes.

When roast is cooked, place on heated platter with potatoes and Yorkshire pudding; keep warm. Pour off all clear fat; make gravy with juices in roasting pan, adding stock. Stir and scrape well to loosen all meaty brown bits. Season to taste; strain.

Serve with grated horseradish or horseradish sauce. Yield 8 servings.

### sauerbraten with gingersnap gravy

**4-pound beef rump roast**

**2 onions, thinly sliced**

**8 peppercorns**

**4 cloves**

**1 bay leaf**

**1 cup mild white vinegar**

**1 cup water**

**½ cup cider vinegar**

**¼ cup vegetable oil**

**½ teaspoon salt**

**2 cups boiling water**

**10 gingersnaps, crushed**

**½ cup sour cream**

**1 tablespoon flour**

Place beef in deep ceramic or glass bowl. Add onions, peppercorns, cloves, and bay leaf. Pour white vinegar, water, and cider vinegar over meat. Chill, covered, 4 days. Turn meat twice each day.

Remove meat from marinade; dry well with paper towels. Strain marinade into bowl. Reserve onions and 1 cup marinade.

In Dutch oven brown meat on all sides in hot oil. Sprinkle with salt. Pour boiling water around meat. Sprinkle in gingersnaps; simmer, covered, 1½ hours. Turn often. Add 1 cup reserved marinade; cook 2 hours or more, until tender. Remove meat; keep warm. Strain cooking juices into large saucepan.

Mix sour cream with flour in small bowl. Stir into cooking juices. Cook, stirring, until sauce is thickened and smooth.

Slice meat into ¼-inch slices; add to hot gravy.

Arrange meat on heated platter; pour extra sauce over. Yield 8 to 10 servings.

### savory pot roast

**1 4-pound pot roast**

**½ teaspoon salt**

**¼ teaspoon pepper**

**2 tablespoons flour**

**4 tablespoons butter**

**3 onions, sliced**

**3 carrots, peeled, sliced**

**2 stalks celery, sliced**

**½ cup tomato sauce**

**2 cups water**

**1 bay leaf**

**½ cup red wine**

Wipe meat with damp cloth.

Combine salt, pepper, and flour. Rub into surface of roast.

Melt butter in Dutch oven. Brown roast on all sides. Add onions; brown. Add carrots, celery, tomato sauce, water, bay leaf, and red wine. Cover; simmer 3 hours.

Slice meat. Serve with pan juices, accompanied by rice or potatoes. Yield 8 servings.





*scandinavian beef pot roast*

## scandinavian beef pot roast

1 (3½-pound) pot roast

Salt and pepper

Ginger

¼ cup olive oil

3 large onions

1 garlic clove

½ cup Burgundy

12 diced pitted prunes

2 cups weak tea

1 (4½-ounce) can olives, drained

1 (2-ounce) can mushrooms, drained

Beurre Manié

Sprinkle roast generously with salt, pepper, and ginger.

Pour oil into shallow frying pan over medium heat.

Peel and thinly slice onions.

Peel and crush garlic.

Sauté onions and garlic in hot oil until onions are soft and golden.

Place prepared roast in Dutch oven or deep casserole. Pour onion mixture on top. Add

Burgundy. Bake, covered, in preheated 300°F oven 2 hours.

Cover prunes with hot strained tea. Let prunes stand until cold, then drain away all but ¾ cup liquid.

Add ¾ cup liquid, prunes, and olives to roast; cover. Bake about 2 hours or until roast is tender.

Lift roast onto serving platter. Surround with mushrooms, prunes, and olives.

Stir pan liquid into saucepan; bring to boil. Thicken with Beurre Manié. Sauce can be poured over roast or served separately as an accompaniment. Yield 6 servings.

### *beurre manié*

A classic recipe used to thicken sauces and gravies.

2 tablespoons soft butter

¼ cup all-purpose flour

Combine butter and flour in small bowl; mix until well blended. Roll mixture into small balls. Add balls to boiling liquid, one by one; stir constantly with whisk. Add as many balls as needed for desired thickness.



## BEEF • ROASTS

### spicy pot roast

1 (3- to 4-pound) rolled rump roast  
½ cup flour  
2 tablespoons cooking oil  
1 cup chopped onion  
2 garlic cloves, minced  
1 teaspoon beef bouillon granules  
1 teaspoon celery seed  
1 teaspoon ground cumin  
1 teaspoon salt  
½ teaspoon pepper  
1 (8-ounce) can tomato sauce  
½ cup water  
½ cup cold water  
Hot cooked rice

Coat roast on all sides with ¼ cup flour. Brown on all sides in Dutch oven or heavy casserole in hot oil. Add onion, garlic, beef bouillon granules, celery seed, cumin, salt, pepper, tomato sauce, and ½ cup water. Cover with tight-fitting lid.

Cook over low heat until tender, 3 to 3½ hours. Remove meat; keep warm.

Measure pan juices; add water, if necessary, to make 2½ cups.

Blend together ¼ cup flour and ½ cup cold water; stir into pan juices. Cook and stir until bubbly and smooth. Strain over sliced meat and rice. Yield 8 servings.

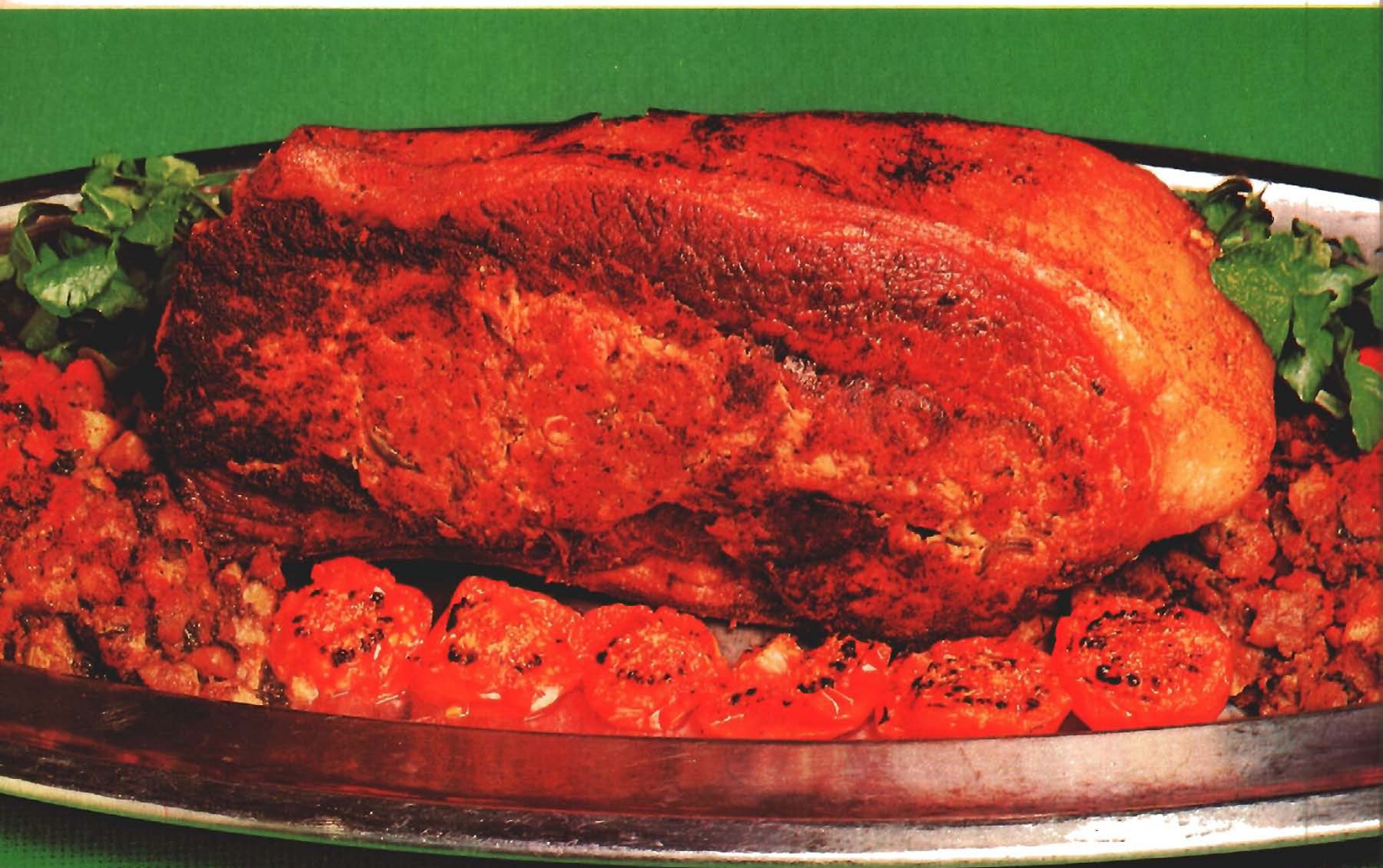
### stuffed boneless beef roast

1 (3½-pound) fresh beef brisket  
4 slices bacon, diced  
1 cup chopped onions  
8 cups stale bread cubes  
1 teaspoon oregano  
¼ teaspoon finely chopped parsley  
2 eggs, lightly beaten  
Salt and freshly ground pepper to taste

Have butcher cut large pocket in brisket.

Sauté bacon about 3 minutes. Add onions;

*stuffed boneless beef roast*





cook, stirring frequently, until lightly browned.

Combine bread cubes with bacon mixture in large mixing bowl; toss lightly. Add oregano, parsley, and eggs; toss with fork until well combined. Season with salt and pepper. Sprinkle about 3 tablespoons water over stuffing if mixture seems too dry. Pack stuffing evenly into pocket of brisket. Secure opening with skewers. Score top of roast lightly. Sprinkle with pepper; rub into roast. Place in lightly greased shallow baking pan. Cover loosely with aluminum foil. Bake in preheated 350°F oven 1 hour and 45 minutes.

Remove foil; bake 30 minutes.

Remove from oven; place on serving platter. Pour pan juices over top of roast, if desired. You can double stuffing recipe and bake additional amount separately if desired.

Serve with Broiled Tomatoes (see Index). Yield 8 to 10 servings.

## **sweet-and-sour brisket**

**5- to 6-pound brisket**

**2 onions, sliced**

**1 clove garlic, minced**

**¾ cup brown sugar**

**½ cup vinegar**

**1 cup catsup**

**1 cup water**

**1 tablespoon salt**

**Ground pepper to taste**

Place brisket on onions and garlic.

Mix other ingredients; pour over brisket. Cover; roast in 350°F oven until tender, approximately 4 hours. Yield 10 to 12 servings.

## **tenderloin beef wellington**

**4 to 5 tablespoons oil or shortening**

**1 fillet tenderloin beef, 2 to 2½ pounds**

**1 clove garlic**

**Pepper**

**3 tablespoons butter**

**1 onion, finely chopped**

**1 cup finely chopped mushrooms**

**2 tablespoons brandy**

**1 tablespoon mixed herbs**

**1 package puff pastry**

**1 egg**

Preheat oven to 400°F.

Heat oil or shortening in oven. Rub over fillet with cut piece of garlic. Season with pepper. Roast about 20 to 25 minutes. Allow to cool. (Reset oven to 450°F for pastry.)

Melt butter. Cook onion and mushrooms 5 minutes, until onion is soft. Add brandy, seasoning, and herbs; let cool.

Roll pastry thinly on floured board to size that

will completely cover tenderloin. Lay cooled meat in center; spoon mushroom-and-onion mixture over top. Brush pastry edges with water. Fold over top; pinch together to make pattern. Fold pastry carefully over ends to seal. Decorate with leaves made from leftover pastry. Brush whole surface with beaten egg, to glaze. Bake 20 to 30 minutes, until pastry is browned. Cut in slices to serve. Yield 4 servings.

## **STEAK**

### **anchovy steaks**

**4 large, tender steaks (sirloin or club steaks)**

**Oil**

**1 clove garlic**

**3 tablespoons butter**

**1 to 2 tablespoons anchovy paste**

**Squeeze of lemon juice**

**Freshly ground black pepper**

Preheat broiler.

Brush steaks with oil and crushed garlic. Let marinate at least an hour, longer if possible.

Cream butter until soft. Add anchovy paste gradually, using amount to taste. Add lemon juice and pepper. Make into 4 balls or pats. Put in refrigerator to chill.

When broiler is very hot, put steaks under. Cook 3 to 6 minutes on each side, depending on thickness of steaks and personal taste.

When ready, put pat of anchovy butter on each steak. Serve at once with Broiled Tomatoes (see Index), French-fried potatoes, and green salad. Yield 4 servings.

### **barbecued sirloin steak**

**Sirloin, Porterhouse or T-bone steaks, 1½ to 2 inches thick**

Do not attempt to start cooking until coals are hot. There should be no flames—just glowing coals; rack should be about 6 inches above top of coals.

Trim some fat from meat; use to rub over hot rack so steaks will not stick. (If you spear piece of fat with fork, there is no danger of burned fingers.)

Put steaks on rack. Broil on one side until well browned about 20 minutes. Turn over with tongs. Sprinkle browned side with salt and pepper. (If fire blazes up from meat drippings, extinguish flames with few drops of water.) Broil until steaks are cooked as desired. Serve with pat of plain or herb butter (see Index) on each steak. Yield as desired.

## BEEF • STEAK

### beef fillet mexicana

- 1 tablespoon butter or margarine
- 1 large onion, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 2 tablespoons tomato paste
- $\frac{1}{2}$  cup hot beef bouillon
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{8}$  teaspoon white pepper
- Few drops Tabasco sauce
- 4 servings beef fillet, 4 ounces each (or use rib-eye steaks)
- $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 tablespoons vegetable oil
- 2 tablespoons tequila (or vodka)
- $\frac{1}{8}$  teaspoon cayenne pepper

Heat butter in frypan; sauté onion until golden. Add green and red peppers; cook 2 minutes.

Blend tomato paste with hot bouillon; pour over vegetables. Season with  $\frac{1}{2}$  teaspoon salt, white pepper, and Tabasco. Cover; simmer 10 minutes.

Meanwhile, pat meat dry with paper towels. Rub generously with coarsely ground black pepper.

Heat oil in skillet until very hot; cook meat 3 minutes on each side.

Arrange vegetables on preheated platter; place steaks on top.

Add tequila or other clear liquor to pan drippings; scrape any particles from bottom of pan. Season with cayenne and  $\frac{1}{8}$  teaspoon salt. Pour over meat; serve immediately. Yield 4 servings.

### beef flank steak with mushroom stuffing

- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon white pepper
- 2 pounds flank steak
- 1 teaspoon Dijon-style mustard

#### *mushroom stuffing*

- 2 tablespoons vegetable oil
- 1 small onion, chopped
- 4-ounce can mushroom pieces, drained, chopped
- $\frac{1}{4}$  cup chopped parsley
- 2 tablespoons chopped chives
- 1 tablespoon tomato paste
- $\frac{1}{4}$  cup dried bread crumbs
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 teaspoon paprika

#### *gravy*

- 3 strips bacon, cubed
- 2 small onions, finely chopped







*beef flank steak with mushroom stuffing*

**1 cup hot beef broth**  
**1 teaspoon Dijon-style mustard**  
**2 tablespoons tomato catsup**

Lightly salt and pepper steak on both sides. Spread one side with mustard.

Prepare stuffing. Heat oil in frypan. Add onion; cook 3 minutes, until lightly browned. Add mushrooms; cook 5 minutes. Stir in parsley, chives, tomato paste, and bread crumbs. Season with salt, pepper, and paprika.

Spread stuffing on mustard side of steak. Roll up jelly-roll fashion; tie with thread or string.

Prepare gravy. Cook bacon in Dutch oven or heavy casserole until partially done. Add meat roll; brown on all sides, approximately 10 minutes. Add onions; saute 5 minutes. Pour in beef broth; cover Dutch oven. Simmer 1 hour. Remove meat to preheated platter.

Season pan juices with mustard. Salt and pepper to taste; stir in catsup. Serve gravy separately. Yield 6 servings.

## BEEF • STEAK

### beef round over noodles

2 tablespoons peanut or corn oil  
1 teaspoon soy sauce  
½ teaspoon sugar  
2 teaspoons sherry  
3 cups thinly sliced onions  
2 teaspoons cornstarch  
1 tablespoon soy sauce  
1½ pounds beef round, cut into 1-inch pieces  
1 tablespoon Worcestershire sauce  
1 teaspoon garlic salt or 1 clove garlic, minced  
1 can mushrooms (optional)

Heat oil in large skillet with 1 teaspoon soy sauce, sugar, and 1 teaspoon sherry. Sauté onions.

Mix cornstarch, 1 tablespoon soy sauce, and 1 teaspoon sherry in bowl. Dredge meat in mixture; coat every piece. Put meat in onion mixture; brown. Stir in Worcestershire sauce and garlic salt. Cover skillet; let simmer 1 hour adding mushrooms, if desired, for last 10 minutes; stir occasionally.

Serve on bed of noodles. Yield 4 to 6 servings.



*beef round over noodles*

### beef slices peking

#### *marinade*

3 tablespoons soy sauce  
1 tablespoon sherry  
1 pound lean beef  
1 cup oil  
2 tablespoons flour  
2 leeks, thinly sliced  
2 garlic cloves, minced  
½ teaspoon powdered ginger  
2 tablespoons soy sauce  
⅛ teaspoon ground anise  
½ cup beef broth  
1 teaspoon cornstarch

Blend 3 tablespoons soy sauce and sherry in deep bowl.



*beef slices peking*

Freeze meat slightly; slice paper-thin. Add beef slices to soy sauce and sherry; coat well. Cover; let stand 1 hour.

Heat oil in large skillet.

Thoroughly drain beef on paper toweling. Sprinkle with flour; add to hot oil. Deep-fry 3 minutes. Remove meat with slotted spoon; drain. Set aside; keep warm.

Pour 4 tablespoons hot oil into another skillet. Throw away rest of frying oil. Reheat oil, add leeks and garlic. Cook 5 minutes, stirring. Add meat. Season with ginger, 2 tablespoons soy sauce, and anise. Pour in beef broth; cover. Simmer over very low heat 1 hour. At end of cooking time, bring to quick boil.

Blend cornstarch with small amount of cold water. Add to skillet; stir constantly until sauce is slightly thickened and bubbly. Correct seasoning, if necessary. Serve immediately with Boiled Rice (see Index). Yield 2 servings.

### beef with snow pea pods and water chestnuts

1 pound beef (top round), sliced very thin  
2 tablespoons soy sauce  
2 tablespoons dry sherry  
2 tablespoons vegetable oil  
12 to 16 snow-pea pods, strings removed  
6 to 8 water chestnuts, sliced  
½ cup chicken broth or stock  
1 tablespoon cornstarch in 2 tablespoons cold water



**Walnuts (optional)**

Freeze meat partially; slice thin.

Combine 1 tablespoon soy sauce and 1 tablespoon dry sherry in small bowl. Add beef; let stand 20 to 30 minutes.

Heat oil in wok or skillet. Stir-fry pea pods 1 to 2 minutes or just until green color brightens; push aside.

Stir-fry water chestnuts 1 minute; push aside.

Stir-fry beef 3 to 4 minutes. Return pea pods and water chestnuts to beef in wok. Add broth, 1 tablespoon soy sauce, 1 tablespoon dry sherry, and cornstarch mixture. Heat until sauce boils and is thickened and clear.

Garnish with walnuts. Serve at once with rice. Yield 4 servings.

## beef strips and carrots

- 1 pound carrots
- $\frac{2}{3}$  cup carbonated soda water
- 1 cup white wine
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon sugar
- 1 pound sirloin steak
- 2 tablespoons vegetable oil
- 2 small onions, diced
- $\frac{1}{4}$  teaspoon white pepper
- $\frac{1}{2}$  cup heavy cream
- 1 tablespoon chopped parsley

Peel carrots; cut into thin slices (crosswise at slant). Place in saucepan with soda water, wine,  $\frac{1}{2}$  teaspoon salt, and sugar. Cover; simmer 25 minutes or until tender.

Meanwhile cut meat into very thin slices.

Heat oil; sauté onions about 5 minutes. Add beef slices; cook 5 minutes, stirring often. Season with  $\frac{1}{2}$  teaspoon salt and pepper. Add to carrots; mix carefully. Stir in cream; heat through but do not boil. Correct seasonings if necessary. Sprinkle with chopped parsley. Yield 4 servings.

## beef stroganoff

- 1 to 1½ pounds beef tenderloin
- 1 or 2 onions
- 8 to 10 medium size mushrooms
- 4 to 5 tablespoons butter
- Salt and pepper
- 1 cup sour cream
- Grating nutmeg

Cut beef into strips about 2½ inches long and ½ inch thick.

Slice onions and mushrooms finely.

Melt 2 tablespoons butter in frying pan; cook onions slowly until golden brown. Remove from pan; keep warm. Add a little more butter. Cook mushrooms about 5 minutes; add to onions.

Melt remaining butter. When foaming, put in

about half the strips of steak. Fry quickly about 5 minutes, until brown on all sides. Remove; repeat with remaining steak.

Replace all meat and vegetables in pan. Shake over heat, adding salt, pepper, and nutmeg. Add sour cream; heat until it nearly boils. Serve immediately with plain Boiled Rice (see Index). Yield 4 servings.

## beef sukiyaki

- 2 pounds beef sirloin, cut into strips
- 1 large Bermuda onion
- 3 stalks celery
- $\frac{1}{4}$  pound fresh mushrooms
- 12 scallions
- 8 ounces canned water chestnuts
- $\frac{1}{4}$  pound fresh spinach



*beef stroganoff*

## BEEF • STEAK

1 tablespoon oil  
¾ cup beef bouillon  
½ cup soy sauce  
¼ cup vermouth  
1 tablespoon sugar

Have butcher cut sirloin into thin strips. If you are cutting it, partially freeze it to make it easier to slice.

Slice onion; put aside.

Slice celery at an angle into thin slices; set aside.

Thinly slice mushrooms; set aside.

Slice scallions into approximately 1½-inch pieces.

Drain water chestnuts; slice in half.

Wash spinach; tear into pieces.

Arrange meat and vegetables on large platter.

Put oil into extra-large skillet or wok. Brown meat; push to side of pan. Add all vegetables except spinach. Stir in bouillon, soy sauce, vermouth, and sugar; let sizzle 5 minutes. Add spinach; cover. Cook 2 minutes. Serve with rice. Yield 3 to 4 servings.

*braised beef with vegetables*

## braised beef with vegetables

1 red pepper  
1 green pepper  
1 small Spanish onion  
2 medium tomatoes  
2 medium zucchini  
2 tablespoons vegetable oil  
4 slices round steak, each approximately 4 ounces  
½ teaspoon salt  
⅛ teaspoon pepper  
⅛ teaspoon dried basil  
½ cup white wine

Cut peppers in half. Remove seeds; slice into thin strips.

Slice onion. Peel tomatoes; cut into eighths.

Clean zucchini; cut into ½-inch-thick slices.

Heat oil in large frypan or Dutch oven. Add all vegetables; cook about 10 minutes, stirring occasionally.

Trim fat from steak.

Lightly grease ovenproof casserole; place ⅓ of vegetable mixture in dish. Arrange steak on top. Sprinkle with salt, pepper, and basil. Cover with rest of vegetables. Pour wine over vegetables; cover casserole. Cook in preheated 350°F oven 50 minutes. Ten minutes before end of cooking time, remove cover to reduce liquid. Yield 4 servings.







*broiled sirloin with mushrooms*

## **broiled sirloin with mushrooms**

**4 1-inch thick sirloin steaks**  
**½ clove garlic**  
**1 teaspoon salt**  
**½ teaspoon freshly ground black pepper**  
**½ cup butter**  
**2 cups sliced mushrooms**

Rub steaks with garlic. Sprinkle with half the salt and pepper. Score fatty edges of steak. Place on broiling pan 3 inches from heat. Broil on one side to desired degree of doneness. Turn; season uncooked side with remaining salt and pepper. Return meat to broiler; cook to desired doneness.

While steak is broiling, melt butter. Add mushrooms; sauté until golden brown and tender.

Arrange steaks on serving platter; cover with sautéed mushrooms. Yield 4 servings.







## chinese stir-fried beef and mushrooms

**½ pound dried Chinese mushrooms**  
**3 pounds lean steak, cut into thin strips**  
**¼ cup flour**  
**1 tablespoon sugar**  
**½ cup sherry**  
**½ cup soy sauce**  
**¾ cup oil**  
**1 (2-inch) slice fresh gingerroot, minced**  
**1 cup chopped onions**  
**2 cups beef bouillon**  
**Salt to taste**

Soak mushrooms in water 30 minutes. Drain well; set aside.

Cut steak into strips.

Combine flour, sugar, sherry, and soy sauce in bowl. Add beef; marinate 30 minutes. Stirring frequently.

Heat ½ cup oil in wok or skillet; stir-fry gingerroot 1 minute. Add beef with marinade; stir-fry until beef changes color. Remove beef from wok.

Add remaining oil to wok. Add onions; stir-fry until almost tender. Add mushrooms; stir-fry until soft. Place beef in wok; stir-fry about 2 minutes. Add bouillon. Bring to boil; reduce heat. Add salt; cover. Cook 2 minutes. Yield 8 to 10 servings.

## filet mignon in wine

**4 2-inch-thick filets**  
**1 teaspoon salt**  
**½ teaspoon peppermill-ground black pepper**  
**¼ cup butter**  
**4 small onions, peeled, halved**  
**1 cup red wine**

Rub filets with salt and pepper.

Melt butter in heavy frying pan. Add steaks;



*chinese stir-fried beef and mushrooms*

brown on both sides. Reduce heat to simmer. Add onions and wine. Cover skillet tightly; simmer steaks 30 minutes. Yield 4 servings.

## filet mignon, broiled

Place 1¼-inch-thick filets on rack in broiling pan. Set oven at broil; preheat several minutes. Place broiling pan in highest position in broiler; allow 2 to 3 minutes on each side to sear filets. Lower pan to middle position; broil 2 minutes on each side for rare, 3 minutes and 30 seconds for medium, and 4 minutes for well-done.

Serve on heated platter with pat of Maitre d'Hôtel butter on each steak.

*filets mignons*







*filets mignons rossini*

## filet mignon, grilled

Place grill rack about 4 inches above red-hot coals. Place 1½-inch-thick filets on grill; sear about 2 to 3 minutes on each side. Cook 2 minutes and 30 seconds on each side for medium-rare.

## filets mignons rossini

**2½ pounds filet beef (cut into 1- to 1½-inch-thick slices)**

**1 tablespoon butter or margarine**

**2 tablespoons chopped onions**

**1 slice bacon, diced**

**½ tablespoon flour**

**1 teaspoon tomato puree**

**8 large mushrooms, stems chopped**

**2 cups beef stock (or water and beef cube)**

**¼ cup red wine (optional)**

**Salt and pepper**

**1 teaspoon chopped parsley and thyme**

**1 cup butter**

**8 slices white bread**

**1 cup cooking oil**

**1 can pâté de foie gras**

**Watercress**

Preheat oven to 350°F.

First make sauce: Melt butter. Add onions and bacon. Slowly cook to golden color; stir well. Add flour; cook until just turning light brown. Add tomato puree, chopped mushrooms, stock, wine, salt, and pepper. Bring to boil; simmer 15 minutes. Add parsley and thyme; cook a few

minutes. Strain through fine sieve into serving dish; keep warm.

Put mushroom tops into buttered dish; put small pat of butter, salt, and pepper on each. Cook in oven 10 minutes.

Cut bread into slices same size as filets.

Heat oil; add 1 tablespoon butter. When foaming, fry bread until golden brown on both sides. Drain; keep warm.

Melt ½ cup butter in large frying pan. When foaming, cook filets 4 to 6 minutes each side, according to taste. (Or brush with melted butter and broil 5 to 8 minutes each side.)

Place filets on fried bread. Top each with slice of pâté and a mushroom. Spoon a little sauce over each steak; serve the rest separately. Garnish with watercress. Yield 8 servings.

## german beef rolls

**4 pieces steak roll or sandwich steaks, each about 6 ounces**

**2 teaspoons Dijon-style mustard**

**½ teaspoon salt**

**¼ teaspoon pepper**

**2 large pickles, cut into long, thin strips**

**2 ounces salt pork (or 2 strips bacon), cut into thin strips**

**1 large onion, chopped**

**¼ cup vegetable oil**

**1½ cups hot beef broth**

**4 peppercorns**

**½ bay leaf**



**1 tablespoon cornstarch**

Lay steaks on flat surface. Spread each with mustard; sprinkle with salt and pepper.

Divide pickles, salt pork, and onion among steaks as shown. Roll up steaks jelly-roll fashion; secure with beef-roll clamps, toothpicks, or thread.

Heat oil in heavy saucepan. Add steak rolls; brown well on all sides, about 15 minutes. Pour in broth, peppercorns, and bay leaf. Cover; simmer 1 hour and 20 minutes.

Remove beef rolls; discard clamps. Arrange on preheated platter.

Blend cornstarch with small amount cold water; stir into gravy. Bring to boil; cook until thick and bubbly. Correct seasonings; serve gravy separately. Yield 4 servings.

## grilled sirloin steak

Place grill rack about 4 inches above red-hot coals. Sear steak about 5 minutes each side, then grill 3 minutes each side for medium-rare. Allow 6 to 10 ounces per serving. Serve with butter seasoned with salt and freshly ground black pepper or with Béarnaise Sauce (see Index). Yield as desired.

## grilled steaks

### *marinade*

**½ cup soy sauce**

**4 tablespoons minced onions**

**2 cloves garlic, minced**

**1 tablespoon minced fresh gingerroot**

**¼ cup rice wine, or dry white wine**

**4 small steaks of your choice, boneless**

**Cherry tomatoes for garnish**

Mix together marinade ingredients. Pour over steaks. Refrigerate overnight or let sit at room temperature 3 to 4 hours.

Broil in oven or on grill or hibachi. Baste with marinade while steaks are grilling. When almost done, grill tomatoes; use for garnish. Yield 4 servings.

## london broil

**2 (2-pound) flank steaks**

**1 cup salad oil**

**1 cup dry red wine**

**4 tablespoons soy sauce**

**2 tablespoons chopped green onions**

**1 clove garlic, chopped**

*german beef rolls*





*grilled steaks*

**1 teaspoon salt**

**¼ teaspoon pepper**

Place steaks in shallow pan.

Combine remaining ingredients; pour over meat. Marinate at least 4 hours (or overnight).

Broil 5 to 7 minutes on each side 3 inches from heat. Baste frequently. Slice thinly on diagonal. Yield 8 servings.

## pepper steaks

**2 tablespoons peppercorns**

**4 large sirloin steaks (1 inch thick)**

**3 to 4 tablespoons oil**

**¼ cup butter**

**½ cup white wine**

**2 tablespoons brandy (optional)**

**Little lemon juice**

**Salt and pepper**

Preheat broiler.

Press the crushed pepper well into steaks, using wooden spoon.

Heat oil in pan; add half of butter. When foaming, fry steaks 4 to 6 minutes on each side, longer if preferred. Add remaining butter, if needed. Remove to heated dish to keep warm.

Add wine, brandy, and lemon juice to juices in pan; bring to boil. Season with salt and pepper; pour over steaks. Serve at once.

Pepper can be scraped off before adding sauce, if preferred. Yield 4 servings.

## polish steak with mushroom caps

**1 teaspoon salt**

**½ teaspoon peppermill-ground black pepper**

**4 (2-ounce) filets mignons**

**¼ cup butter**

**1 cup fresh mushroom caps**

**¼ cup mayonnaise**

**2 teaspoons horseradish**

**4 slices toast**

**4 lemon slices**

**Dillweed**

Salt and pepper both sides of filets.

Melt butter in heavy skillet; sauté steaks to desired doneness. Remove from skillet. Add mushrooms; sauté until done.

Combine mayonnaise and horseradish. Spread each toast slice with mixture.

To serve, place steaks on toast slices; top each with ¼ cup mushrooms. Garnish with lemon slice and dillweed. Yield 4 servings.

## ragout à la berghoff

**¾ cup butter**

**3½-pound boneless round steak, cut into thin strips**

**1 cup chopped onion**

**1½ cups chopped green pepper**

**1 pound mushrooms, sliced**

**½ cup flour**

**2 cups beef broth, canned or homemade**

**1 cup dry white wine**

**1 teaspoon salt**

**1 teaspoon Worcestershire sauce**

**Few drops Tabasco sauce (to taste)**

Melt ½ cup butter in large frypan. Brown meat over medium-high heat. Remove browned meat.

Sauté onion in remaining butter 2 minutes. Add pepper and mushrooms. Cook 3 minutes.

Melt ¼ cup butter; add flour. Slowly add broth; cook until thickened. Stir in wine and seasonings. Add meat-and-mushroom mixture;





*polish steak with mushroom caps*



## BEEF • STEAK

cover. Simmer 45 minutes to 1 hour, until meat is tender.

Serve with buttered noodles or dumplings. Yield 8 servings.

### shallow-fried round steaks

1 (1½-pound boneless round steak),  
cut about ½ inch thick  
1 recipe Marinade For Beef (see Index)  
2 tomatoes  
Olive oil  
Salt and freshly ground pepper to taste  
¼ cup butter  
2 tablespoons beef extract  
4 teaspoons finely chopped chives  
Chives Butter (see Index)

beef extract over steaks; cook 1 minute. Steaks will be medium-rare.

Place on meat platter; place tomatoes around steaks.

Sprinkle 1 teaspoon chives on 4 pats Chives Butter; place 2 pats on each steak. Garnish with watercress, if desired. Yield 2 to 4 servings.

### silver baked steak

4 large sirloin, club, or T-bone steaks  
Oil  
1 clove garlic, crushed (optional)  
Black pepper  
1 medium onion  
1 cup chopped mushrooms



*shallow-fried round steaks*

Cut steak in half; place in shallow dish. Pour marinade over steaks. Refrigerate at least 24 hours; turn occasionally. Drain steaks; set aside.

Remove stem ends from tomatoes; cut in half. Place in shallow baking pan, cut-side-up; brush lightly with oil. Broil 6 inches from source of heat until tender and lightly browned. Sprinkle with salt and pepper; keep warm.

Place butter in large frypan over high heat until bubbly and light brown. Place steaks in butter; cook 30 seconds. Turn; cook 30 seconds. Reduce heat to low; cook 2 minutes on each side. Spoon

1 small green pepper  
4 or 5 small tomatoes (or 1 tablespoon tomato puree)

Salt

1 tablespoon mixed herbs

2 tablespoons butter

Chopped parsley

Preheat oven to 350°F.

Beat steaks to tenderize; brush over with oil, garlic, and black pepper. Leave at least 1 hour.

Meanwhile, cut 4 squares of foil large enough to wrap 1 steak in each.





*steak diane*

Chop onion, mushrooms, green pepper, and tomatoes; cook few minutes in a little oil. Add salt and pepper to season.

Heat broiler; broil steaks about 1 to 2 minutes each side, or fry same length of time. Put each steak on center of foil square. Pile tomato-and-onion mixture on each steak; sprinkle with herbs. Fold foil over to seal.

Bake in oven 15 minutes for rare, 20 minutes for medium, and 25 to 30 minutes for well-done steak.

Open; serve on foil with pat of butter rolled in chopped parsley on top of each. Yield 4 servings.

## steak diane

If you use a less expensive cut of beef than strip sirloin, marinate steak overnight before cooking. Cook Steak Diane quickly to retain tenderness. Always serve it on a heavy, preheated platter to keep the juices hot and to heighten the full flavor.

**3 well-marbled strip sirloin steaks, cut ½ inch thick**

**2 tablespoons butter**

**2 tablespoons cooking oil**

**2 tablespoons brandy**

**2 tablespoons minced shallots or green onions**

**1 tablespoon freshly chopped parsley**

**1 (10½-ounce) can beef consommé, chilled**

**Salt and pepper to taste**

**1 teaspoon Worcestershire sauce**

Pound steaks with mallet or wine bottle to ¼ inch thick. Pierce steaks with tines of fork on one end; roll up steaks. Unroll 1 steak into sizzling butter and oil in heavy skillet. Cook 1 minute on each side. Remove to heated platter.

Place remaining steaks, one at a time, in hot-oil mixture; cook 1 minute on each side. Return steaks on platter to skillet. Turn heat to high; pour brandy over steaks. Ignite brandy; shake pan until flame is extinguished. Reduce heat; cook 1 minute. Add shallots; cook 2 minutes. Sprinkle with parsley, stirring well. Add consommé, 1 spoonful at a time, to steak mixture in skillet; bring to boil. Spoon about 2 tablespoons pan liquid onto warm platter. Remove steaks to platter; keep warm.

Cook pan liquid vigorously until reduced by half. Season with salt and pepper; stir in Worcestershire sauce. Spoon sauce over steaks; serve immediately. Serve with French-fried potatoes if desired. Yield 6 servings.

## BEEF • STEAK



*steak in savory marsala sauce*

### steak and mushroom kabobs

1 pound tenderloin steak  
12 small mushroom caps  
½ cup red wine  
½ cup corn oil  
1 teaspoon Worcestershire sauce  
1 clove garlic, crushed  
2 tablespoons catsup  
1 teaspoon sugar  
½ teaspoon salt  
1 tablespoon vinegar  
Pinch of dried marjoram  
Pinch of dried rosemary

Cut steak into small cubes.

Mix all other ingredients together in bowl. Add steak; marinate at least 2 hours.

Alternate steak and mushrooms on skewers. Cook until meat is tender, about 15 minutes. Baste frequently with marinade. Yield about 8 skewers.

### steak in savory marsala sauce

1 (1½-inch) sirloin steak  
1 medium onion, grated

3 tablespoons all-purpose flour  
1½ cups Basic Beef Stock (see Index)  
½ cup Marsala wine  
½ pound fresh mushrooms, sliced  
Salt and pepper to taste  
4 lemon slices

Trim steak; slash fat at 1-inch intervals. Broil steak about 6 inches from source of heat 8 minutes. Turn; broil 7 minutes for medium-rare. Place steak on serving platter; keep warm.

Pour ¼ cup pan juices into heavy saucepan. Add onion to hot juices; sauté about 4 minutes, stirring frequently. Stir in flour to make thick paste. Stir in stock and Marsala; cook until thickened and flavors are blended. Add mushrooms and seasonings; cook 3 minutes.

Cut steak diagonally into ½-inch slices. Pour sauce over steak; garnish with lemon slices. Yield about 4 servings.

### steaks bercy

*herb butter*  
4 ounces softened butter  
1 tablespoon finely chopped parsley  
1 tablespoon finely chopped chives  
1 teaspoon dried chervil



## STEAK • BEEF

1 teaspoon dried tarragon  
1 tablespoon grated shallots or onion  
Dash of pepper  
4 filets mignons steaks  
2 tablespoons vegetable oil  
½ teaspoon salt  
⅛ teaspoon pepper  
4 lemon slices  
Watercress  
French-fried potatoes (cut very thin, dried on towels, deep-fried)

Make Herb Butter first by blending all ingredients. Spoon onto sheet of waxed paper; shape into roll about 1½ inches in diameter. Chill in freezer while steak is prepared. Cut into 4 thick slices just before serving.

Brush steaks with oil. Depending on thickness, broil about 5 minutes on each side or to desired doneness. Season with salt and pepper.

Arrange steaks on preheated platter. Place 1 lemon slice on each steak; top with slice of Herb Butter. Garnish with watercress and potatoes. Yield 4 servings.

### steaks esterhazy

¼ pound mushrooms, diced  
1 small carrot, diced  
1 shallot or green onion, minced  
2 tablespoons butter  
1 teaspoon paprika  
½ teaspoon salt  
1 cup sour cream  
1 teaspoon Worcestershire sauce  
4 servings beef sirloin, T-bone, or fillet steaks

Sauté mushrooms, carrot, and shallot in butter. Add paprika, salt, sour cream, and Worcestershire sauce. Simmer 2 minutes; do not boil.

Broil steaks; top with sauce. Yield 4 servings.

*steaks bercy*



## BEEF • STEAK

### swiss steak

- 2 pounds eye of round
- ½ cup flour
- 2 teaspoons salt
- 2 teaspoons paprika
- 2 onions, sliced
- 1 large can tomatoes
- 1 can tomato sauce
- 2 to 3 cups water
- ½ teaspoon pepper
- ½ cup shortening

Cut meat in slices about ¾-inch thick. Dip into flour seasoned with salt and paprika.

Sauté onions until yellow. Remove onions with slotted spoon; leave fat in pan.

Brown meat slices; remove from pan.

Put remaining seasoned flour into pan; stir. When flour and fat are mixed thoroughly, add boiling water. Stir until gravy is made. Add tomatoes and tomato sauce; if too thick, add more water. Bring to boil. Strain; pour over meat and onions that have been put into casserole.

Bake, tightly covered, in 325°F oven until meat is tender, approximately 2 hours. Serve over fluffy rice. Yield 8 servings.

### teriyaki

- 2½ to 3 pounds sirloin steak, cut about ½ inch thick
- 1 cup soy sauce

- ⅓ cup dry sherry
- 4 tablespoons brown sugar
- 1½ teaspoons ground ginger
- 2 teaspoons grated onion
- 1 clove garlic, crushed
- 18 chunks canned pineapple
- 18 small mushroom caps
- 2 tablespoons pineapple juice
- 1 tablespoon cornstarch

Cut steak into 1-inch squares.

Mix together soy sauce, sherry, sugar, ginger, onion, and garlic. Add meat; marinate 3 hours.

Place steak, pineapple, and mushrooms on skewers, starting and finishing with meat. Broil or grill about 4 to 5 minutes, until cooked to taste; turn once or twice to brown evenly.

Mix pineapple juice slowly into cornstarch. Add marinade; cook, stirring constantly, until sauce thickens. Serve with kabobs. Yield enough for 6 to 8 skewers.

### teriyaki steak

- 4 boneless steaks, about ½ pound each

#### *marinade*

- 1 clove garlic, finely minced
- 1 sugared or candied ginger, finely minced
- 1 tablespoon brown sugar
- Salt
- Pepper, freshly ground
- Pinch of monosodium glutamate (MSG)
- ½ cup red wine or sherry

*teriyaki*







*teriyaki steak*

**6 tablespoons soy sauce**  
**½ cup white wine**  
**Juice of half a lemon**

**stuffed-tomato garnish**  
**4 medium tomatoes**  
**Salt**

**White pepper**  
**4 tablespoons bean sprouts, canned or fresh**  
**1 tablespoon tomato catsup**

Combine marinade ingredients in shallow dish large enough to hold steaks. Stir until well blended. Add steaks; coat well. Marinate 12 hours; turn steaks frequently. Drain steaks; arrange on broiler pan. Place under preheated broiler; broil 4 minutes on each side.

Meanwhile, remove stems from tomatoes; cut off approximately ½-inch slices from bottoms. Scoop out seeds; discard. Sprinkle insides with salt and pepper.

Place bean sprouts and catsup into small skillet; heat 5 minutes. Spoon into tomatoes.

Arrange steaks on preheated serving platter. Garnish with stuffed tomatoes. Serve with rice. Yield 4 servings.

*Note: If using fresh bean sprouts, boil 2 minutes, then rinse with cold water before using.*

## teriyaki steak bits

**½ cup soy sauce**  
**1 clove garlic, chopped fine**  
**1 teaspoon ground ginger**

**2 tablespoons sugar**  
**2 tablespoons sherry wine**  
**1½ pounds steak, cut into 1-inch cubes**  
**2 or more tablespoons margarine**

Combine soy sauce, spices, sugar, and wine to make marinade. Marinate meat at least 1 hour. Drain meat; reserve liquid.

Melt 2 tablespoons margarine in medium skillet. Brown meat cubes quickly on all sides.

Place meat in chafing dish; pour sauce over. Stir occasionally. (You won't have to stir much, as guests will eat steak on handy toothpicks very quickly.) If you like, add pineapple chunks to chafing dish. Yield 6 to 8 servings.

## tokyo steak

**Salt**  
**Ground ginger to taste**  
**Pepper to taste, freshly ground**  
**2 tablespoons rice wine or sherry**  
**4 filet mignon steaks, about 6 ounces each**  
**1½ tablespoons butter**  
**1 (11-ounce) can mandarin oranges**  
**1 tablespoon capers**  
**1 tablespoon butter, cut into small pieces**

Combine salt, ginger, pepper, and wine; blend well. Rub onto steaks.

Heat 1½ tablespoons butter in heavy skillet. Add steaks; sauté 2 minutes on each side. Arrange oranges and capers on top of steaks; dot with remaining butter. Place skillet under preheated broiler; broil 3 minutes. Serve steaks immediately on preheated plates. Yield 4 servings.



*teriyaki steak bits*

## VARIETY MEATS

### LIVER

#### braised liver and onions

- 1½ pounds sliced beef liver
- ½ cup flour
- 2 tablespoons fat or oil
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 large onion, sliced
- ¼ cup water

Remove skin and large veins from liver; coat with flour.

Heat fat in large frypan over moderate heat; brown liver on one side. Turn liver; sprinkle with seasonings. Cover with onion. Add water; cover pan tightly. Cook over low heat 20 to 30 minutes or until liver is tender. Yield 6 servings.

#### creole liver

- 1 (8-ounce) can tomato sauce
- 1 (16-ounce) can tomatoes

- ½ cup chopped green pepper
- ½ cup chopped celery
- ½ cup chopped onion
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1¾ pounds beef liver, cut into strips
- 2 tablespoons fat or oil
- 3 cups cooked rice (about 1 cup uncooked)

Mix tomato sauce and tomatoes with green pepper, celery, onion, salt, and pepper. Simmer 15 minutes.

Cook liver in fat until lightly browned. Add to tomato mixture; simmer 30 minutes or until liver is tender. Serve over rice. Yield 6 servings.

#### risotto alla bolognese

- ½ to ¾ pound calf liver
- 1 onion
- 1 clove garlic
- 1 cup quartered mushrooms
- 2 to 3 tablespoons butter
- 1 cup long-grain rice
- 1 dessert spoon tomato puree
- 2½ to 3 cups stock
- Salt and pepper





*Tokyo steak*





*risotto alla bolognese*

**1 tablespoon mixed herbs**  
**1 cup grated Parmesan cheese**

Cut liver into chunks.  
 Chop onion fine.  
 Crush garlic.  
 Quarter mushrooms.

Melt butter; cook onion and garlic a few minutes with lid on pan. Add liver; cook quickly until it changes color. Remove from heat. Add mushrooms, rice, tomato puree, 2½ cups stock, salt, and pepper. Bring to boil; stir all the time. Reduce heat; simmer gently 25 to 30 minutes. Stir occasionally; add extra stock if rice becomes dry. When cooked, rice should have absorbed all moisture. Sprinkle top with chopped herbs. Serve with grated cheese. Yield 4 servings.

## OXTAIL

### braised oxtails

**3 tablespoons butter or fat**  
**1 onion, chopped**  
**2 carrots, sliced**  
**1 small turnip, diced**  
**1 stalk celery, chopped**  
**2 tablespoons flour**  
**2 oxtails**  
**1 teaspoon salt**  
**⅓ teaspoon pepper**  
**2 cloves**

Melt butter in saucepan. Add onion, carrots, turnip, and celery. When very lightly browned, stir in flour; blend well.

Cut oxtails into 2- to 3-inch pieces; add to pan. Add salt, pepper, cloves, and 2 cups water. Bring to boil, stirring constantly. Reduce heat; let simmer 2 to 3 hours.

Serve oxtails hot with liquid for gravy. Yield 6 to 8 servings.

### french grilled oxtail

**1 large lean oxtail cut into even-sized pieces**  
**Several parsley stalks**  
**1 bay leaf**  
**1 sprig thyme**  
**6 or 7 peppercorns**  
**2 onions**  
**2 carrots**  
**6 to 7 tablespoons butter**  
**4 to 5 tablespoons dried white bread crumbs**

Preheat broiler.

Soak oxtail pieces at least 3 hours in cold salted water (overnight if possible). Drain; put into pan of boiling water containing herbs, peppercorns, 2 onions, and carrots. Cook slowly 2 to 3 hours or until meat is tender. Drain; reserve liquid to use as gravy with vegetables if desired. Dry oxtail.

Melt 3 to 4 tablespoons butter; roll each oxtail in this, then in bread crumbs.

Heat broiler until red-hot. Broil oxtail pieces until brown and crisp; turn frequently. Serve with Sauce Robert. Yield 4 servings.

#### *sauce robert*

**3 tablespoons butter**  
**1 onion, chopped**  
**3 tablespoons wine vinegar**  
**1 tablespoon flour**  
**1 cup brown stock**  
**1 tablespoon chopped gherkins**  
**2 teaspoons French mustard**  
**Salt and pepper**

Melt butter; cook onion slowly 6 to 8 minutes. Add vinegar; boil few minutes. Add flour, then stock; bring to boil. Cook 10 minutes. Add gherkins, mustard, salt, and pepper. Reheat; serve.



## VARIETY MEATS • BEEF

### TONGUE apricot tongue

1 small beef tongue  
Water  
¼ cup soy sauce  
2 cloves garlic, cut

#### sauce

⅔ cup brown sugar  
¾ cup catsup  
¼ teaspoon grated fresh gingerroot, or  
½ teaspoon powdered ginger  
1 tablespoon soy sauce  
1 package dried apricots

Place tongue in large pot; add water to cover. Mix in ¼ cup soy sauce and garlic. Bring to boil; simmer 2 to 3 hours until tongue is tender. Cool; remove skin. Trim base. Put back in pot to reheat. Slice before serving.

Make sauce: Combine all ingredients in saucepan; simmer slowly until apricots are soft.

Pour sauce over sliced tongue. Yield 4 servings.

### cooked pickled tongue

1 (2- to 3-pound) pickled tongue

Wash tongue; cover with boiling water. Cook ½ hour; pour off water. Add fresh boiling water to cover; cook over low heat 2 to 2½ hours, until tender. Test with fork. If water cooks out, add more boiling water during cooking period. Cool, peel. Trim base; slice.

Serve on bed of rice or serve cold with Dijon mustard. Yield 6 servings.



*french grilled oxtail*

*cooked pickled tongue*



## BEEF • VARIETY MEATS

### red-stewed beef tongue

- 1 small fresh beef tongue (2 pounds)
- Boiling water to cover meat
- ½ clove garlic
- 1 tablespoon oil
- 2 tablespoons cooking wine
- 2 tablespoons dark soy sauce per pound of meat
- 1 teaspoon sugar per pound of meat

Immerse tongue completely in boiling water. Turn off heat; let soak 1 minute. Remove tongue from water. Use blunt knife to peel off skin and trim base.

Brown garlic in oil in wok or skillet. Brown tongue on both sides. Lower heat; add cooking wine. For each pound of tongue, add 2 tablespoons dark soy sauce. Cook over low heat 1½ to 2 hours. Turn tongue at 20-minute intervals. Add water to maintain quantity of cooking liquid at 6 to 8 tablespoons. During last 20 minutes, add 1 teaspoon sugar per pound. Yield 4 servings.

### smoked tongue with creole sauce

- 1 (2-pound) smoked beef tongue
- 1 large onion, chopped
- 1 carrot, chopped
- 2 stalks celery, chopped
- 2 cloves
- 1 recipe Creole Sauce

Place tongue in large kettle; cover with water. Add onion, carrot, celery, and cloves. Cover; bring to boil. Reduce heat; simmer about 2 hours or until fork-tender. Remove tongue from liquid; let cool. Peel off outer skin; trim base.

Add enough tongue broth to Creole Sauce to thin to desired serving consistency. Pour Creole Sauce into serving platter to depth of ¼ inch.

Cut tongue into thin slices, starting at base. Arrange slices in sauce. Cut slices toward tip at an angle, so pieces will not be too small. Serve with remaining sauce. Tongue can be reheated in liquid if desired. Yield 6 to 8 servings.

#### creole sauce

- 4 medium onions
- 4 green sweet peppers
- 1 pound fresh mushrooms
- ¼ cup olive oil
- 3 tablespoons sugar
- 1 bay leaf
- 1 teaspoon allspice
- ¼ cup wine vinegar
- 2 (1-pound) cans Italian tomatoes
- Salt and cayenne pepper to taste

Slice onions lengthwise into thin strips.

Cut peppers in half lengthwise; remove seeds and membrane. Cut halves into strips same width as onions.

Cut mushrooms with stems attached into lengthwise slices about ⅛ inch thick.

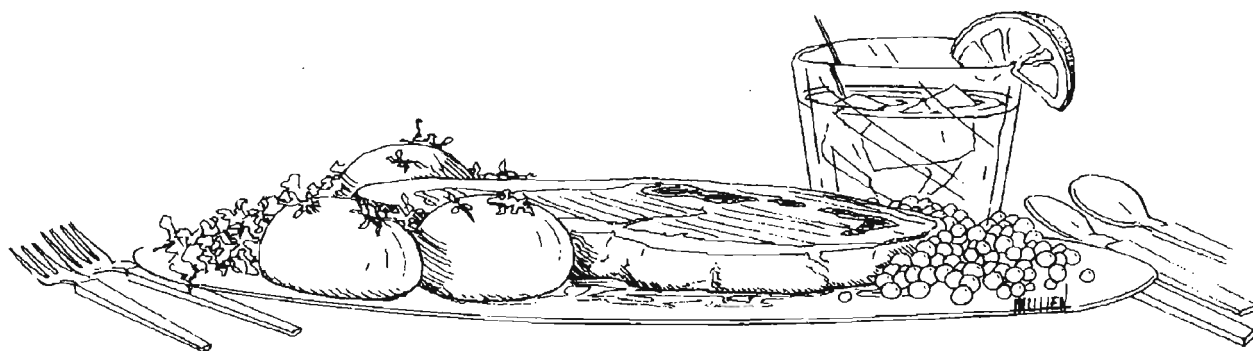
Sauté vegetables lightly in oil in large saucepan over medium heat until wilted but not brown. Add remaining ingredients. Simmer, covered, over very low heat 2 hours. Stir frequently, mashing tomatoes. Sauce will be thick. Yield 3 to 4 cups.

### sweet-sour tongue

- 1 fresh tongue, 2 to 3 pounds
- Salt to taste
- 1 onion
- 1 lemon, sliced thin
- 1 cup raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon allspice
- Pepper to taste
- ¾ cup vinegar
- 1 cup brown sugar
- 10 gingersnaps

Cover tongue with water; cook with salt and onion until tender. Skin tongue, trim base, and slice.

Strain gravy. Add lemon, raisins, cinnamon, allspice, pepper, vinegar, brown sugar, and gingersnaps (softened in water); boil. Add sliced tongue; and boil a few minutes. Yield 6 to 8 servings.







*banana shake*

## apple-pineapple cooler

- 3 cups unsweetened apple juice
- 2 cups unsweetened pineapple juice
- 1 cup orange juice
- 2 tablespoons freshly squeezed lime or lemon juice
- Orange slices to garnish

Combine ingredients; chill. Garnish glasses with orange slices. Yield 1½ quarts.

## banana shake

- 1 banana
- 1 tablespoon lemon juice
- 4 tablespoons sugar
- 1 cup milk
- 1 cup plain yogurt
- Whipped cream (garnish)

Puree banana, lemon juice, and sugar in blender or food processor until smooth. Add milk and yogurt; blend until thoroughly mixed.

Pour at once into glasses. Top with dab of whipped cream. Yield 3 cups.

*café brûlot*

# BEVERAGES

## café brûlot

- 3 tablespoons sugar
- Thinly peeled rind of 1 small orange
- 1 vanilla pod or 1 teaspoon vanilla extract
- 1½ cups brandy
- 6 cups piping-hot black coffee

Place sugar, orange rind, and vanilla pod in heatproof bowl; bruise rind with wooden spoon.

Pour brandy into small saucepan; place over low heat until heated through. Pour over sugar mixture. Ignite; stir constantly 30 seconds. Extinguish flames with hot coffee. Remove orange rind and vanilla pod.

Serve in coffee cups. Do not serve with cream or additional sugar. Yield about 20 demitasse cups.







*caribbean punch*

## caribbean punch

Juice of 12 oranges  
 Juice of 12 lemons  
 3 cups white rum  
 ½ cup (packed) brown sugar  
 1 teaspoon cinnamon  
 1 teaspoon cloves  
 1 teaspoon nutmeg  
 1 teaspoon ginger  
 12 cups crushed ice

Mix juices, rum, brown sugar, and spices.

Place crushed ice in punch bowl; pour rum mixture over ice. Cover with cloth; let stand 10 minutes. Remove cloth; stir mixture well. Add 2 trays ice cubes; garnish with orange slices.

Dip rims of glasses in ice water, then in sugar for frosted effect, if desired. Ladle punch into glasses; garnish each glass with orange slice and long orange-peel strip. Yield about 20 (¾-cup) servings.

## champagne punch

1 cup orange juice, chilled  
 2 cups lemon juice, chilled  
 2½ cups Basic Sugar Syrup (see Index)  
 1 quart sauterne, chilled  
 2 quarts soda water, chilled  
 1 quart champagne, chilled

Combine juices, syrup, and sauterne; pour into punch bowl. Just before serving, pour soda water into punch mixture. Add champagne; stir once or twice, just to mix. Add ice cubes to punch. Serve in champagne glasses. Yield about 20 cups.

## chocolate yogurt brandy

2 scoops chocolate ice cream  
 1 cup plain yogurt  
 2 tablespoons brandy  
 Whipped cream  
 Cocoa

Place ice cream, yogurt, and brandy in blender or food processor; blend until smooth. Pour into tall glass. Garnish with whipped cream and pinch of cocoa. Yield about 1½ cups.





*chocolate yogurt brandy*

### christmas wassail

- 2 quarts apple cider
- 2 cups orange juice
- 1 cup lemon juice
- 1½ cups pineapple juice
- 4 to 6 whole cloves
- Sugar or honey to taste
- ½ fifth of vodka (optional)
- 3 small oranges
- Cloves

Combine cider, juices, cloves, and sugar; bring to simmer. Strain; add vodka.

Stud each orange with cloves; float in punch. Ladle into punch glasses. Serve hot. Yield 12 servings.

### coffee copenhagen

- 8 cups hot coffee
- 1 cup rum
- ¾ cup sugar
- 2 sticks cinnamon or 1 teaspoon ground cinnamon
- 12 whole cloves

Combine all ingredients in slow cooker. Cover; keep warm on low up to 2 hours. Ladle into mugs or tall, heavy glasses. Yield 8 servings.

### crème de menthe pickup

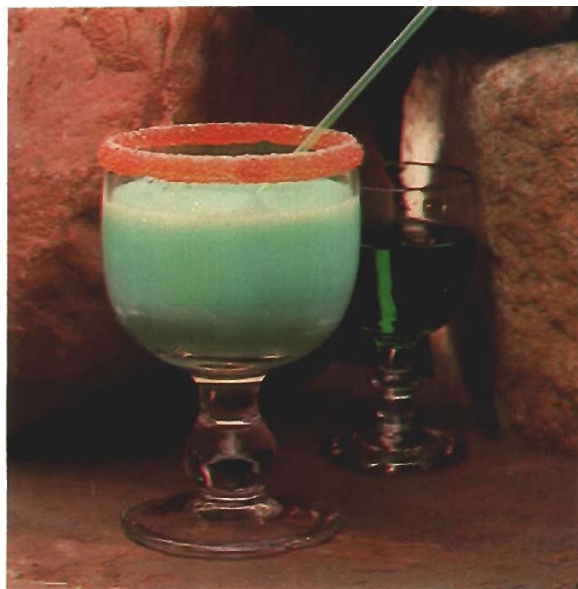
- 1 tablespoon grenadine
- Sugar
- ½ cup cold milk
- ½ cup plain yogurt
- ¼ cup crème de menthe
- 2 tablespoons cointreau

Pour grenadine into small, shallow bowl. Place sugar in second dish. Dip rims of glasses in grenadine, then in sugar. Blend milk, yogurt, crème de menthe, and cointreau in blender until smooth. Pour into prepared glasses; serve immediately. Yield 2 servings.

### cucumber cooler

- 1 cup chilled unsweetened pineapple juice
- 1 cup peeled, seeded cucumber chunks
- ½ cup watercress
- 2 sprigs parsley
- ½ cup finely crushed ice

Place all ingredients in blender; blend until smooth. Yield 2 servings.



*crème de menthe pickup*

### frozen black coffee

- 2½ cups strong coffee
- 1¼ cups Basic Sugar Syrup (see Index)
- Sugar
- 1 recipe Basic Chantilly Cream (see Index)

Combine coffee and syrup; mix well. Pour into refrigerator trays; freeze until icy crystals form.

Dip edges of tall glasses in cold water, then into sugar to frost. Spoon coffee mixture into glasses; top with Chantilly cream. Serve immediately. Yield 4 servings.

### fruit-juice appetizer

- 1 (10-ounce) package frozen raspberries, thawed
- 1 can pineapple-grapefruit juice
- 4 lemon wedges



*frozen black coffee*



Place raspberries and juice in blender. Blend 30 seconds on low speed, until thoroughly blended. Strain to remove seeds. Chill; serve with lemon garnish. Yield 4 servings.

## fruit-tea punch

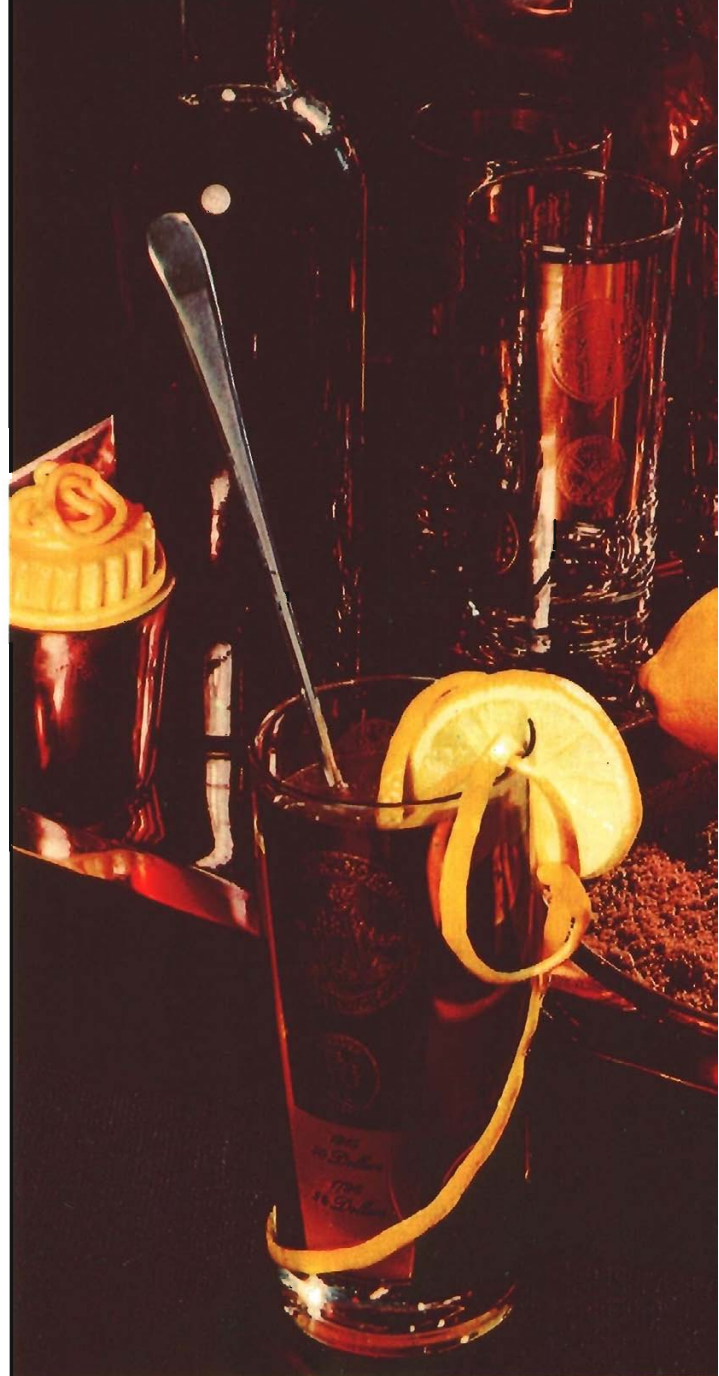
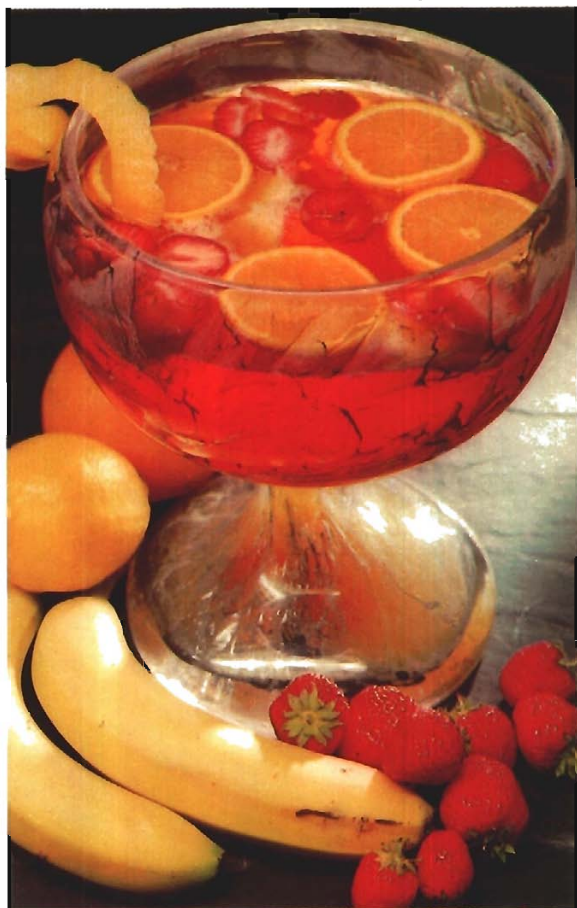
**2 cups boiling water**  
**4 tea bags black tea**  
**¼ cup lemon juice**  
**2 cups orange juice**  
**1 tablespoon honey**  
**1 lemon**  
**2 oranges**  
**2 cups fresh strawberries**  
**1 bottle soda water**

Pour boiling water over tea bags; steep 3 minutes. Remove tea bags. Blend in juices; sweeten with honey.

Cut peel from lemon and oranges; section fruit. Remove all membranes; add to tea.

Wash and hull strawberries; cut in half. Add to tea; cover. Refrigerate punch at least 6 hours to blend flavors. Just before serving, add bottle of soda water. Yield about 10 cups.

*fruit-tea punch*



*hot buttered rum*

## fruited wine bowle

**4 cups fresh fruit, such as nectarines, peaches, apricots, strawberries, plums**  
**2 tablespoons sugar**  
**1 cup brandy**  
**2 bottles dry white wine, chilled**  
**1 bottle champagne, chilled**

Mix fruit and sugar. Pour brandy over. Let marinate 24 hours or more.

Place fruit and brandy into large punch bowl. Add wine and champagne; mix. Remove fruit from punch.

Serve punch in separate dish with toothpicks. Ladle into punch cups. Keep chilled. Yield about 14 (6-ounce) punch-cup servings.

## BEVERAGES

### grape frost

Frothy and refreshing.

- 1 cup grape juice
- 1 cup plain yogurt
- 4 or 5 ice cubes

Place all ingredients in blender; blend until smooth. Serve at once. Yield 2 servings.

### hot buttered rum

- 2 ounces light rum
- Juice of 1 small lemon
- 1 small strip lemon peel
- 1½ teaspoons brown sugar
- 1½ tablespoons butter

Place long spoon in tall glass. Pour rum into glass. Add lemon juice and peel. Pour enough boiling water into glass over handle of spoon to fill glass. Stir in brown sugar. Add butter; stir until melted.

Garnish with slice of lemon and additional lemon peel. Yield 1 serving.

### hot chocolate

- 1½ squares (1½ ounces) unsweetened chocolate
  - ¼ cup sugar
  - ¼ teaspoon salt
  - 1 cup boiling water
  - 3 cups hot milk
  - ½ teaspoon vanilla extract
- Marshmallows**

Melt chocolate in top of double boiler over hot water. Stir in sugar and salt. Add water gradually; stir until smooth. Add milk; cook 2 minutes. Add vanilla.

To serve, put marshmallow into each cup; add hot chocolate. Yield about 2 pints.

*hot chocolate mexican-style*



*hot chocolate*

### hot chocolate mexican-style

- 2 (1-ounce) squares unsweetened chocolate
- ½ teaspoon vanilla
- 1 teaspoon ground cinnamon
- 4 tablespoons heavy cream
- 2 cups milk
- 2 egg yolks
- 2 tablespoons sugar
- 3 ounces brandy
- 4 cinnamon sticks

Combine chocolate, vanilla, cinnamon, and cream in saucepan. Place over very low heat; stir until chocolate is melted. Add milk slowly to chocolate mixture; mix well. Warm over very low heat. Do not allow mixture to boil.



## BEVERAGES

Beat egg yolks and sugar until foamy. Slowly pour part of chocolate mixture into egg yolks, beating well. Pour egg-yolk mixture into saucepan; beat. Add brandy to chocolate mixture; beat until mixture is frothy.

Serve hot chocolate immediately in small cups with cinnamon sticks as stirrers. Yield 4 servings.

*Note: A simpler method for making delicious chocolate is: For each cup chocolate, heat 1 cup milk until quite hot (do not boil). Pour over 1 ounce (per cup of milk) grated Mexican chocolate; stir until melted. Whip with rotary beater until frothy; serve. If Mexican chocolate unavailable, substitute 1 ounce unsweetened chocolate, grated, and ¼ teaspoon ground cinnamon for each ounce Mexican chocolate.*

### ice-cream brandy punch

**2½ cups milk**

**½ cup brandy**

**1 egg**

**1 pint vanilla ice cream**

Place milk, brandy, and egg into bowl; beat well. Add ice cream cut into small pieces; beat until frothy.

Pour into punch bowl; serve immediately. Yield 6 to 8 glasses.

### iced coffee with whipped cream

**1 cup sugar**

**1½ cups milk**

**1 vanilla pod**

**1½ cups cold coffee**

**¾ cup whipping cream**

**Unsweetened whipped cream**

Combine sugar, milk, and vanilla pod in heavy saucepan; bring to boil, stirring until sugar is dissolved. Remove from heat; let stand until cold. Remove vanilla pod; rinse and dry for future use.

Combine milk mixture, coffee, and whipping cream, mixing well; pour into refrigerator trays. Place in freezing compartment; let stand until partially frozen.

Stir; pour into tall glasses, filling ¾ full. Top with spirals of whipped cream; serve immediately.

Coffee mixture can be made ahead and frozen. Let thaw until mushy. Yield 6 servings.

### irish coffee

**4 heaping teaspoons instant coffee powder**

**4 full teaspoons sugar**

**4 jiggers Irish whiskey**

**4 cups boiling water**

**Whipped cream**

Divide coffee, sugar, and whiskey among 4 cups; mix well. Add boiling water until almost full. Spoon whipped cream on top in mounds. Serve immediately. Yield 4 servings.

*iced coffee with whipped cream*



## BEVERAGES

### **lamb's wool**

8 apples, peeled, cored, coarsely chopped

¼ cup butter

2 quarts beer or ale

1 cup sugar

½ teaspoon nutmeg

½ teaspoon ginger

Combine all ingredients in slow cooker. Cover; cook on low 2 to 3 hours.

Remove apples; mash or sieve. Return to beer mixture. Serve very hot. Yield 8 servings.

*lamb's wool*



### **lemon sherry cocktail**

Juice of 1 lemon

Juice of ½ orange

1 teaspoon honey

2 jiggers sherry

3 ice cubes

1 lemon slice

1 orange slice

2 maraschino cherries

Shake juices, honey, and sherry in cocktail shaker.

Crush ice cubes; place in tall glass. Pour lemon cocktail over ice.



*lemon sherry cocktail*

Peel lemon and orange slices; cut into small pieces. Add to drink. Garnish with cherries; serve. Yield 1 serving.

### **mulled wine**

½ cup sugar

¼ cup water

2 orange slices

6 cloves

2 cinnamon sticks

½ cup orange juice

1 bottle red Bordeaux wine



Boil sugar, water, orange slices, cloves, and cinnamon 5 minutes. Remove from heat. Add juice and wine. Keep hot but do not boil. Serve with cinnamon sticks or orange slices.

Cider can be substituted for wine. Sweeten to taste. Yield 6 servings.

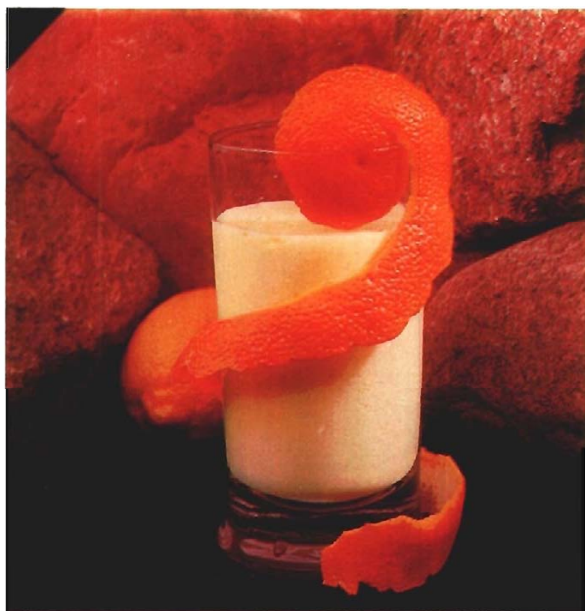
## orange delight

- ½ cup orange juice**
- 1 tablespoon lemon juice**
- 2 tablespoons honey**
- 1 cup plain yogurt**
- Orange peel (garnish)**

Combine and shake all ingredients except peel.

Pour into tall glass. Garnish rim with curled strip of orange peel (or slice of orange). Yield about 1½ cups.

*orange delight*



## pina colada

- 1 cup coconut juice (available canned)**
- 1 cup pineapple juice**
- 4 to 6 tablespoons honey or sugar**
- 8 to 10 ice cubes**
- ½ cup rum**

Combine all ingredients in blender jar; blend until smooth. Serve at once. Yield about 2 cups.

## pink lady

- ¼ cup sugar**
- 2 cups chilled cranberry juice**

- 2 cups chilled pineapple juice**
- 4 cups chilled ginger ale**
- Vanilla ice milk**

Place sugar in pitcher. Add cranberry juice slowly; stir until sugar is dissolved. Add pineapple juice; chill thoroughly. Add ginger ale; pour into serving glasses. Add 1 serving spoon of ice milk to each glass; stir until foamy. Serve immediately. Yield about 8 servings.

## planter's punch

- 4 tablespoons fresh lime juice**
- 4 ounces dark Jamaican rum**
- 2 teaspoons grenadine**
- 2 teaspoons Triple Sec**
- Soda water**
- 4 orange slices**

Combine lime juice, rum, grenadine, and Triple Sec in mixer glass; mix well. Pour over ice in high-ball glasses; fill with soda water. Place orange slices in glass. Yield 2 servings.

## sangría

- 1 large orange**
- 1 large lemon**
- ⅛ teaspoon cinnamon**
- ⅛ teaspoon nutmeg**
- Sugar to taste**
- 1½ ounces brandy**
- 1 fifth of claret**
- 1 cup chilled club soda**

Cut 2 thick slices from center of orange, then from center of lemon. Remove seeds from slices; set aside.

Squeeze juice from remaining parts of orange and lemon; strain into 2-quart container. Add spices, sugar, brandy, claret, and orange and lemon slices; mix well. Cover; let stand 1 hour.

Pour claret mixture and soda into large decanter or serving pitcher. Pour over ice in tall, chilled glasses; garnish each glass with an orange slice.

White Bordeaux wine can be used instead of claret. Yield about 6 servings.

## strawberry shake

- ½ cup (or more) strawberries**
- 2 tablespoons honey**
- 1 cup cold milk**
- 1 cup plain yogurt**
- Large whole strawberries**

Puree ½ cup strawberries and honey in blender or food processor. Add milk and yogurt; blend until smooth. Pour into glasses; garnish each with whole strawberry. Yield about 2 cups.



*sangria*

## swedish glogg

- 1 bottle port ( $\frac{4}{5}$  quart)
- 1 bottle claret ( $\frac{4}{5}$  quart)
- $\frac{1}{2}$  cup apricot brandy
- $\frac{1}{2}$  cup raisins or currants
- 6 dried apricot halves, chopped
- 12 blanched almonds
- 4 whole cloves
- 2 sticks cinnamon
- 4 whole cardamom

*strawberry shake*



Combine all ingredients in slow cooker. Cover; cook on low 1 to 2 hours. Serve hot. Yield about 2 quarts.

## tropical punch

- 1 (46-ounce) can red fruit punch
- 1 (6-ounce) can frozen lemonade concentrate
- 6 cups cold water
- 1 (6-ounce) can frozen orange-juice concentrate
- 1 (6-ounce) can frozen grape-juice concentrate
- $3\frac{1}{2}$  cups ginger ale, chilled

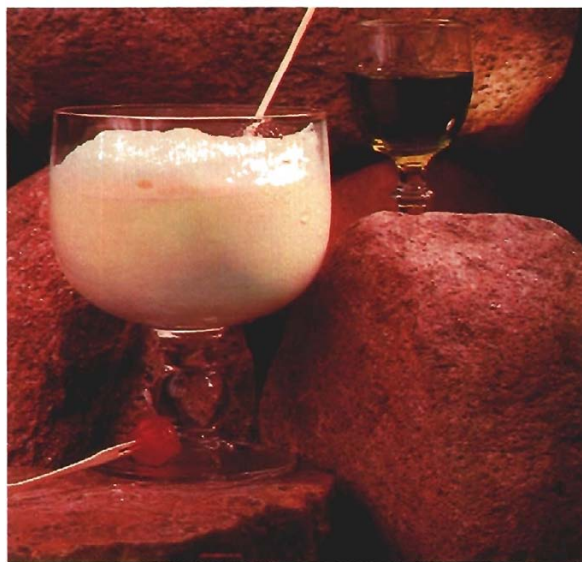
Combine punch and frozen concentrates with water. Pour over ice in large punch bowl. Carefully pour in ginger ale. Yield 30 to 35 servings.

*Note: Use an ice ring with orange slices and fresh mint leaves frozen in it.*

## tropical twist

- 3 cups chilled unsweetened pineapple juice
- 2 ripe bananas
- 4 teaspoons honey
- Juice of 1 lime
- 1 cup finely crushed ice

Place all ingredients in blender; blend until smooth. Yield 4 servings.



*vanilla shake with chartreuse*

## vanilla shake with chartreuse

- 1 cup plain yogurt
- 2 scoops vanilla ice cream
- 2 tablespoons French chartreuse
- Maraschino cherry

Blend first 3 ingredients in blender or food processor until smooth. Pour into glass; garnish with cherry on toothpick. Yield about  $1\frac{1}{2}$  cups.



# BREADS

## almond raisin bread

2 cups all-purpose flour  
¾ cup granulated sugar  
½ cup brown sugar  
1½ teaspoons baking soda  
1½ teaspoons salt  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
½ cup butter or margarine  
1½ cups applesauce  
2 eggs  
½ cup chopped figs  
¾ cup raisins  
¼ cup citron  
¾ cup blanched whole almonds  
½ cup powdered sugar, sifted

*almond raisin bread*

Combine flour, granulated and brown sugars, soda, salt, cinnamon, and nutmeg in mixing bowl. Add butter and applesauce; beat on low speed of electric mixer 2 minutes, being sure to scrape sides of bowl. Add eggs; beat 2 minutes. Stir in fruits and nuts. Pour batter into greased and floured 9-inch loaf pan.

Bake bread at 350°F 1½ hours or until done. Cool slightly before removing from pan.

Dust warm bread with powdered sugar; serve warm. Yield 12 servings.

## austrian kugelhopf

¾ cup chopped almonds  
½ cup raisins  
1½ teaspoons grated lemon rind







*austrian kugelhupf*

**6 cups all-purpose flour, sifted**  
**1 cup sugar**  
**1 teaspoon salt**  
**2 envelopes yeast**  
**¼ cup lukewarm water**  
**2 cups lukewarm milk**  
**2 eggs, well beaten**  
**½ cup melted butter**  
**1 teaspoon vanilla extract**  
**Confectioners' sugar**

Combine almonds, raisins, and lemon rind with ½ cup flour; toss until well coated.

Combine sugar, salt, and 2½ cups flour in large mixing bowl.

Sprinkle yeast over water; stir until dissolved.

Add milk to sugar mixture; stir until well mixed. Add yeast mixture; beat with wooden spoon until smooth. Beat in eggs thoroughly. Add butter gradually; beat constantly. Stir in vanilla extract. Add remaining flour; beat until smooth and satiny. Add raisin mixture; mix thoroughly. Cover with towel. Let rise in warm place 1½ hours or until double in bulk.

Stir down dough; turn into large, buttered bundt pan. Cover with towel; let rise 1 hour.

Bake in preheated 350°F oven about 50 minutes, until cake tester comes out clean. Remove from pan; cool on wire rack. Cover; let stand 1 day.

Sprinkle with confectioners' sugar before slicing. Yield about 20 servings.

## banana bread

**1¾ cups unsifted flour**  
**1 tablespoon baking powder**  
**½ teaspoon salt**  
**¾ cup sugar**  
**½ cup shortening**

**2 eggs**

**1 cup mashed bananas**

Preheat oven to 350°F.

Grease 9 × 5-inch pan.

Mix flour, baking powder, and salt thoroughly.

Mix sugar, shortening, and eggs together until light and fluffy. Mix in bananas. Add dry ingredients; stir just until smooth. Pour into prepared pan. Bake until firmly set when lightly touched in center top, 50 to 60 minutes. (Bread may crack across top.) Cool on rack. Remove from pan after 10 minutes.

### *date-nut banana bread*

Add ½ cup chopped dates and ½ cup chopped nuts with mashed bananas.

### *orange banana bread*

Mix 1 tablespoon grated orange rind with creamed shortening, sugar, and eggs. Yield: 5 × 9-inch loaf; 18 (1½-inch) slices.

## basic large sweet brioche

**½ cup butter**

**⅓ cup extra-fine sugar**

**1½ teaspoons salt**

**1 package yeast**

**¼ cup warm water**

**¼ cup warm milk**

**4 eggs**

**3½ cups all-purpose flour**

**1 recipe Egg Wash (see Index)**

Beat butter in large mixing bowl with wooden spoon or electric mixer until creamy. Add combined sugar and salt gradually; cream until well blended.

Sprinkle yeast over warm water in small bowl; stir until dissolved.

Add milk, yeast, eggs, and flour to creamed



mixture. Beat vigorously with wooden spoon 2 minutes or until smooth; scrape sides of bowl frequently. Cover; let rise in warm place about 2 hours or until double in bulk.

Stir down; beat vigorously with wooden spoon 2 minutes. Cover with aluminum foil; refrigerate overnight.

Stir down; turn onto lightly floured surface. With floured hands shape  $\frac{3}{4}$  of dough into ball. Place in well-buttered, fluted brioche mold. Snip a cross in center with scissors; push dough to sides to form a well. Moisten inside of well with water.

Shape remaining dough into pear shape to form head. Push pointed end into well in the center of large ball. Cover; let rise in warm place 1 hour and 20 minutes or until double in bulk.

Bake in preheated 400°F oven 1 hour or until cake tester comes out clean. Brush with Egg Wash 5 minutes before removing from oven. An aluminum-foil tent can be placed over brioche if it browns too quickly. Remove from oven; turn onto wire rack to cool.

Fill brioche with sweet or savory filling. Remove head; trim. Pull out dough in center of brioche to leave shell  $\frac{1}{2}$  to  $\frac{3}{4}$  inch thick. Fill as desired. Yield 1 large brioche.



*basic large sweet brioche*

**sweet filling for brioche**

**Apricot Jam**

**1 recipe Basic Confectioners' Custard (see Index)**

**1 recipe Basic Chantilly Cream (see Index)**

**Slivered almonds**

Brush inside of brioche shell with thick coating of jam. Spoon custard into shell. Fill remainder of shell with Chantilly Cream. Sprinkle with almonds.

## basic white bread

**1½ cups lukewarm water**

**2 packages yeast**

**7½ cups all-purpose flour**

**3 tablespoons sugar**

**1 cup milk**

**1 tablespoon salt**

**¼ cup butter**

**1 recipe Anglais Glaze (see Index)**

Place water in large warm bowl or crock. Sprinkle yeast over water; stir until dissolved. Cover; let stand 15 minutes.

Combine 1½ cups flour and 2 tablespoons sugar. Beat mixture carefully into yeast mixture with wooden spoon until free from lumps. Cover with towel; let rise in warm place 30 minutes.

Scald milk; stir in salt and remaining sugar. Add butter; stir until dissolved. Cool to lukewarm. Add to yeast mixture. Add enough remaining flour to make soft dough.

Turn onto lightly floured board. Knead 10 minutes or until smooth and elastic; add flour if needed. Place in greased bowl; turn dough to grease top. Cover with towel; let rise in warm place 1 hour or until double in bulk.

Turn dough onto lightly floured board; divide in half. Shape into loaves. Place in 2 well-greased 9 × 5-inch loaf pans or 3 smaller shaped molds. Cover; let rise 1 hour or until double in bulk.

Bake at 400°F 10 minutes. Brush tops with Anglais Glaze, using pastry brush. Bake 15 minutes. Turn loaves onto wire racks to cool. Yield 2 (9 × 5-inch) loaves.

## basic whole-wheat bread

**¾ cup milk**

**¼ cup firmly packed brown sugar**

**1 tablespoon salt**

**⅓ cup butter**

**⅓ cup molasses**

**1½ cups lukewarm water**

**2 packages yeast**

**6 cups stone-ground whole-wheat flour**

**1½ cups flour**

**1 recipe Egg Wash (see Index)**

Scald milk in small saucepan. Add brown sugar, salt, butter, and molasses. Stir until dissolved; let stand until lukewarm.

Pour water into warm, large mixing bowl. Sprinkle yeast over water; stir until dissolved. Pour in milk mixture, stirring constantly. Stir in 4 cups whole-wheat flour, 1 cup at a time, mixing until smooth. Stir in remaining whole-wheat flour. Sprinkle with part of regular flour.

Turn dough onto floured surface. Knead in remaining flour about 10 minutes or until dough is

## BREADS

smooth and elastic. Place dough into well-buttered bowl; turn to grease top. Cover with towel; let rise in warm place 1 hour or until double in bulk.

Turn dough onto lightly floured surface; divide in half. Shape into loaves. Place in 2 well-greased 9 x 5-inch loaf pans. Cover; let rise in warm place about 1 hour or until double in bulk.

Bake at 400°F 10 minutes.

Brush with Egg Wash; bake 15 minutes. Yield 2 (9 x 5-inch) loaves.

*basic whole-wheat bread*



## biscuits

**2 cups flour**

**1 tablespoon baking powder**

**1 teaspoon salt**

**⅓ cup shortening**

**About ¾ cup milk**

Mix dry ingredients thoroughly. Mix in shortening only until mixture is crumbly. Add most of milk; stir to mix. Add more milk as needed to make dough that is soft but not too sticky to knead.

Knead dough gently on lightly floured surface 10 to 12 times. Form into ball. Pat or roll dough to ½ to ¾ inch thick. Cut with floured biscuit cutter or cut into squares with knife. Place on ungreased baking sheet: 1 inch apart for crusty biscuits; together for softer biscuits.

Bake at 450°F 12 to 15 minutes, until golden brown.

### *cheese biscuits*

Combine ¾ cup shredded sharp or extra-sharp cheese with dry ingredients before adding fat.

### *sweet biscuits or shortcake*

Combine 1 tablespoon sugar with dry ingredients. Use ¼ cup butter or margarine for fat. Reduce milk to ⅓ cup. Bake at 425°F 10 to 15 minutes. Yield 12 biscuits.

## bran date bread

**2 teaspoons baking soda**

**1 8-ounce package dates, cut up**

**1½ cups boiling water**

**1 cup margarine**

**2 cups granulated sugar**

**2 eggs, beaten**

**½ cup Sourdough Starter (see Index)**

**1½ cups all-purpose unbleached white flour**

**1 cup whole-wheat flour**

**½ cup unprocessed wheat bran**

**⅓ cup wheat germ**

**2 cups sliced almonds**

Mix baking soda and dates. Pour boiling water over; let stand until cool.

Cream margarine and sugar. Add eggs; beat until smooth.

Combine Sourdough Starter and date mixture.

Combine flours, wheat bran, and wheat germ. Add dates and flour mixture alternately to creamed mixture; mix well after each addition. Fold in nuts.

Pour batter into well-greased and floured small loaf pans. Bake at 375°F 10 minutes. Lower temperature to 350°F; bake 50 minutes or until done.

Remove bread from oven. Let stand 10 minutes before removing from pans. Yield 3 small loaves.



## BREADS

### brioches

- 1 package active dry yeast
- 1 cup warm water
- 1 cup Sourdough Starter (see Index)
- 1 cup all-purpose unbleached white flour
- ½ cup sugar
- 1 cup butter, melted
- 1 teaspoon salt
- 5 eggs, beaten
- 5 to 5½ cups all-purpose unbleached white flour
- 1 egg, beaten
- 1 tablespoon water

### bread sticks

### bread sticks

- 1 package active dry yeast
- 2 cups warm water
- ½ cup Sourdough Starter (see Index)
- 2 cups unbleached white flour
- 2 tablespoons granulated sugar
- 1¼ cups butter, melted
- 2 teaspoons salt
- 3½ to 4 cups unbleached white flour
- 2 tablespoons caraway seeds
- 2 tablespoons poppy seeds
- 2 tablespoons coarse salt or sea salt

Dissolve yeast in water. Stir in Sourdough Starter; blend well. Add 2 cups flour; mix well. Let rise overnight or about 12 hours.

Stir down sponge. Add sugar, ½ cup butter, and salt. Add about 3 cups flour to form stiff dough.

Pour remaining flour onto kneading surface. Pour bread sponge on flour. Knead until all flour has been worked into dough. Continue kneading until dough is smooth and elastic. Place in greased bowl; remember to grease top of dough. Cover; let rise until double in bulk.

Punch down dough. Cover with bowl; let rest 10 minutes. Divide into 24 equal balls. Divide each ball into 2 equal parts; form each part into thin stick about 6 to 8 inches long. Place sticks side by side; twist. Repeat process with remaining dough balls.

Place on ungreased cookie sheet. Brush with remaining melted butter. Top with one of seeds or salt. Cover; let rise 30 minutes.

Place sticks in preheated 400°F oven in which pan of hot water has been placed on oven floor. Bake 10 to 15 minutes or until golden brown. Cool sticks. Yield 2 dozen.



*bran date bread*

## BREADS

Dissolve yeast in water. Add Sourdough Starter; blend thoroughly. Mix in 1 cup flour; cover. Let stand overnight.

Stir sponge to dissolve crust. Add sugar, butter, salt, and 5 eggs; mix well. Add enough remaining flour to make soft dough. Turn onto floured pastry cloth; knead until dough is smooth. Place in greased bowl; cover. Let rise until double in bulk.

Punch down dough; divide into 24 equal parts. Cut small piece of dough from each of 24 pieces. Shape large pieces of dough into round balls; place in greased brioche pans or greased muffin tins. Make indentation in center of each large ball. Form small pieces of dough into balls; place in indentations in large balls. Cover pans; let rise until double in bulk.

Mix egg and water. Brush brioches with mixture. Bake in preheated 375°F oven 15 minutes or until golden brown. Cool on racks. Yield 2 dozen.

### caraway rye loaf

Dough can be formed into 2 smaller loaves.

**1 cake compressed yeast or 1 package active dry yeast**

**2 cups warm water**

**½ cup Sourdough Starter (see Index)**

**2 cups all-purpose unbleached white flour**

**¼ cup molasses**

**1 teaspoon salt**

**3 tablespoons shortening, melted**

**2 tablespoons caraway seeds**

**4 to 4½ cups rye flour**

**¼ cup cornmeal**

**1 egg, beaten**

Dissolve yeast in water. Add Sourdough Starter; blend thoroughly. Mix in white flour; cover. Set in warm place 12 hours or overnight.

Stir mixture to dissolve crust on top. Add molasses, salt, shortening, and caraway seeds; mix well. Add rye flour until soft dough has formed.

Pour 1 cup rye flour on kneading surface. Pour dough on flour. Knead flour into dough. Add enough remaining flour to form medium-stiff dough. Knead 10 minutes or until folds form in dough.

Place dough ball in greased bowl. Grease top; cover. Let rise until double in bulk.

Punch down dough. Knead 2 minutes. Form into oblong loaf. Place loaf on greased cookie sheet that has been dusted with cornmeal; cover. Let rise until double in bulk.

Place loaf in 400°F oven 10 minutes. Remove from oven. Brush with beaten egg. Return to oven. Bake 35 to 40 minutes or until done. Cool on rack. Yield 1 oblong loaf.



*caraway rye loaf*

*brioches*





## cheese bread

1 recipe Basic White Bread (see Index)

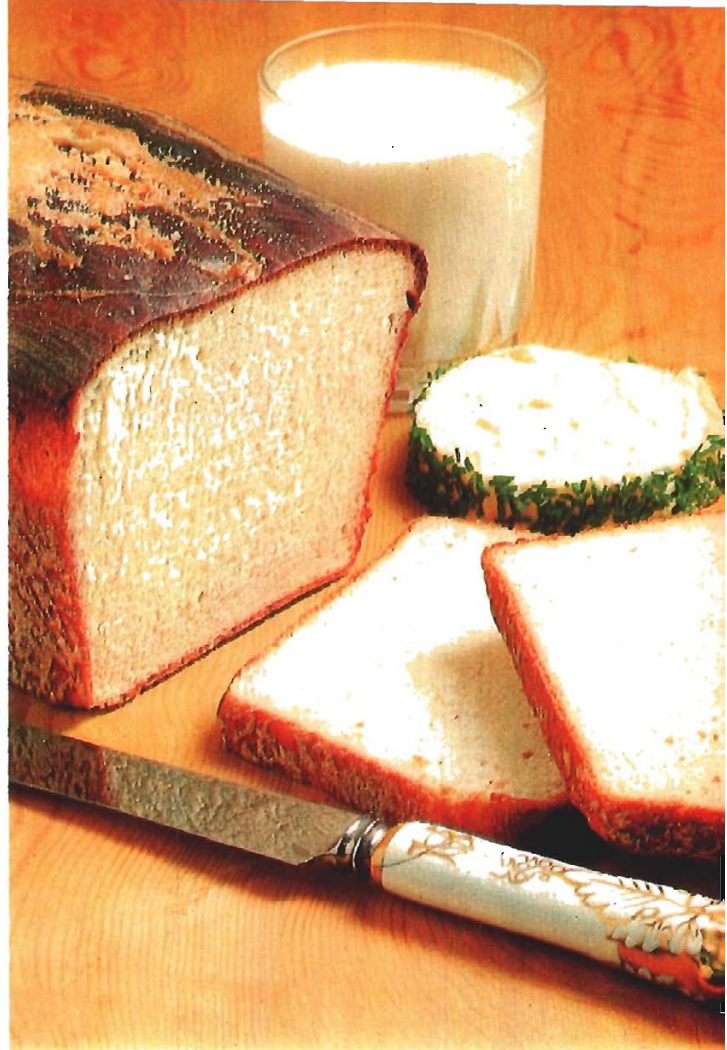
1¾ cups freshly grated Parmesan cheese

2 tablespoons freshly grated Emmenthal or Swiss cheese

1 recipe Anglais Glaze (see Index)

Prepare Basic White Bread according to recipe directions; add 1½ cups Parmesan to yeast mixture with second addition of flour. Place in 2 prepared loaf pans.

Bake at 400°F 10 minutes. Brush with Anglais Glaze; bake 10 minutes. Brush with Anglais Glaze. Sprinkle mixture of remaining Parmesan and the Emmenthal cheese over top of loaves. Bake 5 minutes. Remove from pan; cool on wire rack. Yield 2 loaves.



*cheese bread*

## cornbread

1 cup cornmeal

1 cup flour

1 tablespoon baking powder

½ teaspoon salt

2 to 4 tablespoons sugar (optional)

1 egg

1 cup milk

¼ cup melted fat or oil

Mix cornmeal, flour, baking powder, salt, and sugar. Set aside.

Beat egg. Add milk. Add fat. Add to cornmeal mixture, stir just enough to mix. Fill greased pan half full.

Bake at 425°F 20 to 25 minutes, until lightly browned. Yield 6 servings.

### *cornmeal muffins*

Use recipe for Cornbread. Fill greased muffin pans half full of cornmeal mixture. Baking time will be 15 to 20 minutes. Yield 12 servings.

### *cheese cornbread*

Use 2 eggs in recipe for Cornbread, Stir 1½ cups cut-up cheese into batter before putting into baking pan.



## BREADS

### crescent rolls

**1 cake compressed yeast or 1 package active dry yeast**

**1 cup warm water**

**½ cup Sourdough Starter (see Index)**

**½ cup nonfat dry milk**

**1 cup all-purpose white flour**

**½ cup shortening, melted**

**½ cup granulated sugar**

**2 eggs, beaten**

**1 teaspoon salt**

**3½ to 4½ cups all-purpose white flour**

**½ cup margarine, melted**

Dissolve yeast in water. Add Sourdough Starter; mix well. Add dry milk and 1 cup flour; cover. Let stand overnight to develop sponge.

Stir down sponge to dissolve crust. Add shortening, sugar, eggs, and salt; mix well. Add enough remaining flour to make soft dough.

Turn dough onto floured surface; knead until dough is smooth. Place in greased bowl; cover. Let rise until double in bulk.

Punch down dough; divide into thirds. On floured surface roll each third to 9-inch circle. Brush circles with margarine. Cut each circle into

*crescent rolls*

9 equal wedges. Roll each wedge, starting with wide end. Place on greased cookie sheet. Put ends of wedges on bottom to prevent rolls from unrolling. Curve ends of rolls to form crescent shapes; cover. Let rise until double in bulk.

Bake in preheated 400°F oven 10 to 12 minutes or until golden brown. Yield 27 rolls.

### danish christmas bread

**2 packages dry yeast**

**¼ cup lukewarm water**

**½ cup milk, scalded**

**⅓ cup sugar**

**1 teaspoon salt**

**⅓ cup butter**

**5 cups sifted all-purpose flour**

**1½ teaspoons vanilla extract**

**4 eggs, beaten**

**¼ cup warm water**

**2 tablespoons dark corn syrup**

**Confectioners' sugar**

**¼ cup chopped mixed candied fruits**

Dissolve yeast in lukewarm water.

Mix milk, sugar, salt, and butter in large bowl; cool to lukewarm. Add 2 cups flour; mix well. Add yeast, vanilla, and eggs; mix until blended. Add enough remaining flour to make soft dough; mix well.

Knead on lightly floured surface, adding more flour as needed, 10 minutes or until smooth and elastic. Place in greased bowl; turn to grease surface. Cover; let rise in warm place until double in bulk.

Punch down dough; shape into round loaf. Place on greased baking sheet. Cover; let rise until double in bulk.

Bake in preheated 350°F oven 20 minutes. Mix warm water and syrup; brush on bread. Bake about 30 minutes, until well browned. Brush with syrup mixture again; place bread on rack to cool.

Sprinkle with confectioners' sugar, then with candied fruits. Yield about 15 servings.

### dilled croutons

A delicious and economical addition to a tossed salad.

**1-pound loaf day-old bread**

**1 cup butter**

**2 teaspoons onion salt**

**2 tablespoons dried parsley flakes**

**1 teaspoon dried dillweed**

Cube bread into ½-inch cubes. Spread cubes evenly over baking sheet. Let dry 2 days or until cubes lose moisture and become hard.

Melt butter in large skillet. Pour butter from







### *stollen*

skillet into a bowl. Add onion salt, parsley, and dillweed; mix well.

Reheat skillet in which butter was melted. Add croutons; distribute evenly over skillet surface. Pour melted-butter mixture over croutons. Stir to distribute evenly. Fry croutons until golden brown and thoroughly heated; cool. Store up to 1 month in airtight container. Yield 2 quarts.

## **easter anise loaf**

**2 envelopes active dry yeast**

**¼ cup lukewarm milk**

**1 teaspoon sugar**

**½ cup (1 stick) butter**

**⅔ cup sugar**

### *danish christmas bread*

**1 tablespoon grated lemon rind**

**¾ teaspoon aniseed**

**1 teaspoon salt**

**¾ cup scalded milk**

**4 eggs, beaten**

**6 cups all-purpose flour**

**¾ cup currants**

**5 hard-boiled eggs, dyed red with food coloring**

In small bowl proof yeast with ¼ cup milk and 1 teaspoon sugar.

In large bowl combine butter (softened, cut into bits), sugar, lemon rind, aniseed, and salt. Add scalded milk (while still hot); stir well. Cool mixture to lukewarm. Add yeast mixture. Add 4 eggs and 2 cups flour; beat with electric mixer on medium speed 2 minutes. By hand mix in 2½ cups

### *easter anise loaf*





## BREADS

flour and currants. Dough should be soft and slightly sticky.

Turn dough onto well-floured board; knead in  $1\frac{1}{2}$  cups flour. Knead 10 minutes or until dough is smooth and satiny. Form dough into ball; place in greased bowl. Turn dough in bowl to grease top. Cover; let rise in warm place  $1\frac{1}{2}$  hours or until double in bulk.

Punch down dough. Divide into 3 equal pieces; shape each piece into 20-inch rope. Braid 3 dough ropes; form into circle. Press ends together. Place on greased baking sheet. Press dyed eggs into braid at intervals. Brush with melted butter. Cover; let rise in warm place until double in bulk.

Bake in preheated 325°F oven 45 to 50 minutes or until golden brown. Cool on cake rack. Yield 1 loaf.

### egg braid

- 1 package active dry yeast
- 1 cup warm water
- 1 cup Sourdough Starter (see Index)
- 1 cup all-purpose white flour
- $\frac{1}{3}$  cup granulated sugar
- 2 eggs, beaten
- $\frac{1}{2}$  cup butter, melted
- 1 teaspoon salt
- 4 to  $4\frac{1}{2}$  cups all-purpose white flour
- 2 eggs, beaten

Dissolve yeast in water. Add Sourdough Starter. Mix in 1 cup flour. Let mixture set 12 hours or overnight to develop sponge.

Stir sponge to dissolve crust. Add sugar, 2 eggs, butter, and salt; mix well. Add  $2\frac{1}{2}$  cups flour to sponge; mix well.

Pour 1 cup flour on kneading surface. Pour sponge mixture on flour. Cover with 1 cup flour. Knead until flour is worked into dough. Continue adding flour until stiff dough has formed. Knead dough 10 minutes or until folds form. Place in greased bowl. Grease top. Cover; let rise until double in bulk.

Punch down dough. Knead 2 minutes. Divide dough into 2 equal balls; divide 1 ball into 8 equal parts. Roll 8 parts until approximately 12 inches long. Place these 8 strips side by side; braid by folding 1 strip over other in numerical order. Tuck in edges. Prepare second dough ball in same manner. Place braids on greased cookie sheets. Cover; let rise until double in bulk.

Brush braids with 2 eggs. Bake in preheated 350°F oven 30 minutes or until golden brown. Remove from oven; brush with oil. Cool on rack. Yield 2 braids.

### french bread

- 1 package active dry yeast
- $1\frac{1}{2}$  cups warm water
- 1 cup Sourdough Starter (see Index)
- $1\frac{1}{2}$  cups all-purpose white flour
- 3 tablespoons granulated sugar
- 2 teaspoons salt
- $4\frac{1}{2}$  to 5 cups all-purpose white flour
- $\frac{1}{4}$  cup yellow cornmeal

Dissolve yeast in water. Stir in Sourdough Starter; blend well. Add  $1\frac{1}{2}$  cups flour; mix well. Let mixture rise overnight or about 12 hours to develop sponge.

Stir down sponge. Add sugar and salt; mix well. Add 3 to  $3\frac{1}{2}$  cups flour; work in.

Pour remaining flour onto kneading surface. Pour sponge mixture on flour. Knead until all flour has been worked into dough. Continue kneading until folds form (about 10 minutes). Place dough in greased bowl. Grease top of dough. Cover; let rise in warm place until double in bulk. Punch down.

Turn dough onto lightly floured board. Divide into 2 equal portions; roll each portion into 15 × 10-inch oblong. Beginning at widest side, roll up tightly; pinch edges together. Taper ends by gently rolling dough back and forth. Place loaves on

*french bread*





## BREADS



egg braid



## BREADS

greased baking sheets sprinkled with cornmeal. Cover; let rise in warm place about 1 hour or until double in bulk.

With sharp razor make diagonal cuts on top of each loaf. Place loaves in cold oven in which pan of boiling water has been placed. Set oven at 450°F; bake loaves about 35 minutes or until golden crust has formed. Remove from oven. Cool on wire rack. Yield 2 loaves.

### fried croutons

For small croutons cut crust from dried slices of day-old bread. Cut slices into about ½-inch squares.

Melt ¼ cup butter for each 2 cups bread squares in heavy saucepan or skillet. Toss bread squares in butter to coat evenly, using pancake turner. Fry over medium heat until croutons are golden; toss continuously. Turn out on paper toweling to drain and cool.

Use in salads or soups. Can be stored in airtight container several days. Yield as desired.

### garlic bread

**1 loaf Italian bread**

**½ cup soft butter or margarine**

**1 teaspoon parsley flakes**

**¼ teaspoon crumbled oregano**

**¼ teaspoon dried dillweed**

**1 clove garlic, minced**

**Grated Parmesan cheese**

Cut bread diagonally into 1-inch slices; do not cut all the way through.

Blend butter, parsley, oregano, dillweed, and garlic. Spread mixture on both sides of bread slices. Shape aluminum foil around loaf of bread. Twist ends; leave top open. Sprinkle top liberally with cheese and parsley flakes. Heat in 400°F oven 10 minutes. Yield 1 loaf.

### german beer coffee cake

**2 cups (packed) dark brown sugar**

**1 cup butter, softened**

**2 eggs**

**1 teaspoon cinnamon**

**½ teaspoon allspice**

**½ teaspoon ground cloves**

**3 cups sifted all-purpose flour**

**2 teaspoons baking soda**

**½ teaspoon salt**

**1 cup chopped walnuts**

**2 cups chopped dates**

**2 cups beer**

**Confectioners' sugar**

Combine brown sugar and butter in mixing bowl; cream until smooth and well blended. Add



*garlic bread*

the eggs one at a time; beat well after each addition.

Sift cinnamon, allspice, cloves, flour, soda, and salt together.

Dust walnuts and dates with small amount of mixture. Add remaining flour mixture alternately with beer to creamed mixture; blend well after each addition. Stir in walnuts and dates. Spoon batter into large well-buttered and floured tube or bundt pan.

Bake in preheated 350°F oven 1 ¼ hours or until cake tester comes out clean. Let stand 5 minutes; invert on a wire rack.

Sprinkle confectioners' sugar; place on serving plate. Yield 18 to 20 servings.

*german beer coffee cake*







*hamburger buns*

## **hamburger buns**

1 package active dry yeast  
2 cups warm water  
½ cup Sourdough Starter (see Index)  
6 cups all-purpose white flour  
2 tablespoons honey  
⅔ cup nonfat dry milk  
2 teaspoons salt  
¼ cup oil  
2 eggs, beaten  
1 cup unprocessed wheat bran  
¼ cup margarine, melted

Dissolve yeast in water. Add Sourdough Starter. Mix in 2 cups flour. Let stand 12 hours or overnight to develop starter.

Stir to dissolve crust. Add honey, milk, salt, oil, and eggs; mix well. Stir in bran. Add 2 cups flour; work in.

Pour 1 cup flour on kneading surface. Pour sponge on flour. Dust top of dough with flour. Work flour into dough. Add remaining flour until soft dough has formed. Knead 10 minutes. Place dough ball in greased bowl. Grease top of ball. Cover; let rise until double in bulk.

Punch down dough. Knead 2 minutes. Shape dough into 12 round balls. Place on greased cookie sheet; flatten balls slightly. Brush with melted margarine; cover. Refrigerate 2 hours.

Uncover dough balls. Let stand at room temperature 10 minutes.

Bake buns in preheated 400°F oven 20 to 25 minutes or until golden brown. Slice before serving. Yield 12 large buns.

## **hazelnut coffee cake**

¾ cup brown sugar  
1 cup all-purpose white flour  
1 cup whole-wheat flour

1 teaspoon baking soda  
1 teaspoon baking powder  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
½ teaspoon salt  
⅔ cup milk  
1½ ounces liquid egg substitute  
¼ cup honey  
½ cup ground hazelnuts  
1 cup powdered sugar, sifted  
1 to 2 tablespoons hot milk  
½ cup whole hazelnuts

Mix brown sugar, flours, soda, baking powder, cinnamon, nutmeg, and salt.

Combine milk, egg substitute, and honey. Add liquid mixture to dry ingredients; blend well. Fold in ground hazelnuts. Pour mixture into greased 9-inch loaf pan. Bake at 350°F 60 minutes or until done. Cool slightly; remove from pan.

Combine powdered sugar and hot milk; beat until smooth. Drizzle over top of cake in lattice design, as illustrated. Place whole hazelnuts between lattice design. Yield 12 servings.

## **health bread**

2 cups unbleached all-purpose flour  
1 cup whole-wheat flour  
1 tablespoon toasted wheat germ  
2 packages active dry yeast  
1 cup rolled oats (regular or quick-cooking)  
1 cup whole-bran cereal  
1 cup seedless raisins  
1½ cups low-fat cottage cheese  
2 tablespoons vegetable oil  
1 tablespoon salt  
½ cup honey  
2½ cups boiling water  
About 4½ cups additional unbleached all-purpose flour

## BREADS



*hazelnut coffee cake*



Stir together 2 cups flour, whole-wheat flour, wheat germ, and yeast in large mixing bowl. Set aside.

In separate bowl combine rolled oats, bran cereal, raisins, cottage cheese, oil, salt, and honey. Cover with boiling water; stir until thoroughly mixed. Cool to lukewarm. Add to dry ingredients in mixer bowl. Beat ½ minute at lowest speed of electric mixer; scrape bowl constantly. Beat 3 minutes at highest speed. Stir in about 4½ cups flour by hand, until mixture forms moderately stiff dough.

Turn onto floured board. Knead until smooth and elastic, about 10 minutes. Place in greased bowl; turn once to grease surface. Cover with dampened towel; let rise until double in bulk, about 1 hour.

Punch down dough; divide into thirds. Cover; let rest 10 minutes. Shape into 3 loaves. Place in 3 greased 8½ × 4½ × 2½-inch loaf pans. Brush tops lightly with vegetable oil. Cover; let rise until double, about 35 to 45 minutes.

Bake in 375°F oven 35 to 40 minutes, until golden brown. Remove bread from pans; let cool on rack. Yield 3 loaves.

## italian croutons

A pick-up for your dinner salad.

**1 loaf sourdough French Bread (see Index), cubed**

**½ cup butter, melted**

**½ cup grated Romano cheese**

**2 tablespoons oregano**

**2 tablespoons garlic powder**

*italian croutons*

**1 tablespoon basil leaves**

**1 teaspoon salt**

**1 teaspoon freshly ground pepper**

Toss bread cubes and butter, then toss with cheeses and herbs until well mixed. Spread on ungreased jelly-roll pan.

Bake at 250°F until crisp and golden brown. Stir every 15 minutes. Cool; store in airtight container. Keeps well 1 month. Yield 1 quart.

## kielbasa and cheese loaf

**¾ cup warm water**

**1 package hot-roll mix**

**1 egg, beaten**

**½ cup grated Swiss cheese**

**½ cup cooked, finely chopped Kielbasa**

**¼ cup butter, melted**

Pour water into medium-size bowl. Sprinkle yeast from roll mix over water; stir until dissolved. Add egg; mix well. Blend in flour from roll mix, Swiss cheese, and Kielbasa. Blend until all ingredients are combined and form sticky dough ball. Cover; let rise in warm place until double in bulk, about 45 minutes.

Punch down dough. Work dough on floured surface to form oblong roll. Place on greased baking sheet. Cover loosely; let rise in warm place until light and double in size, about 30 minutes.

Brush top of loaf with melted butter. Bake in preheated 400°F oven 30 minutes or until golden brown. Remove from oven; cool on rack. Yield 1 loaf.





*kielbasa and cheese loaf*

## lucia bread

**1 package dry yeast**  
**½ cup lukewarm milk**  
**¼ cup sugar**  
**3 to 4 cups flour**  
**1 egg**  
**½ teaspoon saffron**  
**½ teaspoon salt**  
**4 tablespoons butter**  
**Extra flour for kneading**  
**1 egg yolk for glazing**  
**Dried currants for garnish**

Dissolve yeast in 2 tablespoons lukewarm milk. Mix with sugar, flour, egg, and 2 tablespoons milk to make dough. Cover; place in warm spot to rise 15 minutes.

Put saffron into bowl with 4 tablespoons milk. Add salt.

Melt but do not heat butter. Pour over saffron mixture. Add mixture to risen dough. Knead thoroughly until dough does not stick to bowl.

Cover; place in warm spot to rest 30 minutes. If necessary or desired, knead and let rise again.

On floured board roll out dough to ½ inch thick. Shape into rolls about 8 inches long. These can be worked into shapes of spirals, pretzels, or crosses. Place on greased baking sheet.

Glaze with beaten egg yolk; dot with currants. Bake at 425°F about 15 minutes.

Serve warm with plenty of butter and hot coffee. Yield about 24 pieces.

## plum kuchen

**½ cup soft butter or margarine**  
**½ cup sugar**  
**2 eggs**  
**¾ teaspoon almond extract**  
**½ teaspoon vanilla**  
**1 cup flour**  
**1 teaspoon baking powder**  
**½ teaspoon coarse salt**  
**20 plum halves**



### *topping*

**½ cup sugar**

**1 teaspoon cinnamon**

**¼ teaspoon nutmeg**

Preheat oven to 400°F.

Grease 9-inch-round pan.

Cream butter and ½ cup sugar until light and fluffy. Beat in eggs one at a time; add flavorings, beat well.

Sift flour, baking powder, and salt together; blend in. Pour batter into pan. Arrange plum halves in batter, cut-side-down.

Mix together topping ingredients; sprinkle over plums and batter. Bake 30 minutes.

Serve warm or cold with whipped cream, if desired. Yield 6 servings.

## **popovers**

**1 cup flour**

**¼ teaspoon salt**

**2 eggs, beaten**

**1 cup milk (scant measure)**

**1 tablespoon shortening, melted**

Preheat oven to 450°F.

Sift flour and salt together.

Mix eggs, milk, and shortening; add gradually to flour. Beat until smooth, with egg whisk or electric mixer. Should take about 1 minute. Pour into greased popover tins, Pyrex cups, or muffin pans to ⅓ full.

Bake 20 minutes at temperature given. Reduce heat to 350°F; bake 15 minutes, until popovers are firm. Yield about 8 large popovers.



*lucia bread*

## **poppy-seed kuchen**

**½ cup milk**

**½ cup half-and-half or light cream**

**¾ cup butter**

**1 cup granulated sugar**

**1 teaspoon salt**

**1 package active dry yeast**

**2 eggs, beaten**

*poppy-seed kuchen*





## BREADS

**4 to 5 cups all-purpose white flour**

**1 cup raisins**

**½ cup water**

**¼ cup vodka**

**1 can poppy-seed filling**

**1 cup chopped English walnuts**

**⅔ cup all-purpose flour**

Combine milk and half-and-half; scald. Add ½ cup butter, ½ cup sugar, and salt to milk mixture; stir until butter dissolves. Cool to lukewarm. Add yeast; mix well. Add eggs and 4 cups flour. Stir until flour is worked in and dough forms.

Turn dough onto floured surface; work in enough remaining flour to form medium-stiff dough. Knead 10 minutes or until smooth dough

forms. Place in greased bowl; cover. Let rise until double in bulk, about 1 hour.

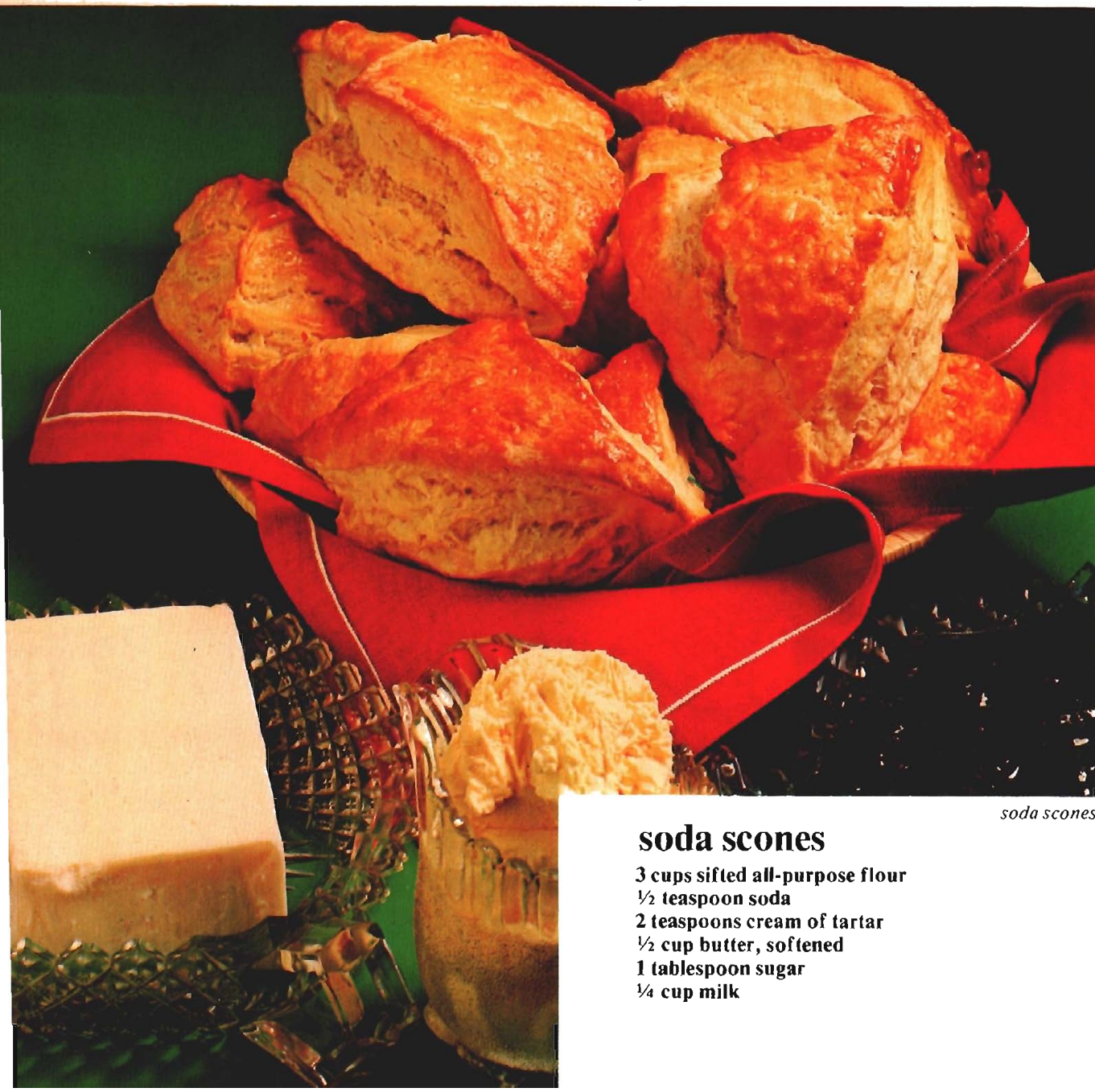
While dough is rising, combine raisins, water, and vodka in small saucepan. Simmer until raisins absorb all liquid.

Combine poppy-seed filling, nuts, and raisins; mix well.

Punch down dough; divide into 2 equal parts. Roll each dough ball into a 12 × 10-inch rectangle. Spread filling evenly over rectangles.

Combine ¼ cup butter, ¼ cup sugar, and flour; mix well. Spread over poppy-seed filling. Cover; let rise until double in bulk.

Bake in 350°F oven 30 minutes or until dough is golden brown. Yield 2 kuchen.



*soda scones*

### soda scones

**3 cups sifted all-purpose flour**

**½ teaspoon soda**

**2 teaspoons cream of tartar**

**½ cup butter, softened**

**1 tablespoon sugar**

**¼ cup milk**



**¼ cup water**

**1 egg, beaten**

Sift flour, soda, and cream of tartar into large bowl. Work in butter with fingers until of fine-meal consistency. Add sugar; blend thoroughly.

Combine milk and water; stir into flour mixture to form medium-soft dough. Press dough lightly into 10 × 8-inch rectangle on lightly floured surface. Cut into 1 × 3-inch triangles.

Brush tops with egg; place on baking sheet. Bake in preheated 400°F oven 20 minutes or until lightly browned.

Serve hot with butter and jam. Yield 16.

## **sourdough starter I**

The original recipe for sourdough starter.

**2 cups warm water**

**2 cups all-purpose white flour**

Using stone jar or crock, combine water and flour. Place mixture in warm place 3 to 4 days, until bubbly and sour smelling. Refrigerate starter.

Each time it is used, replenish with equal parts water and flour; mix well. Cover; refrigerate. Starter will be ready when you next bake. Never use all your sourdough starter in a recipe. Reserve enough to keep it going.

## **sourdough starter II**

**1 package active dry yeast**

**2 cups warm water**

**2 cups all-purpose white flour**

Using stone jar or crock, dissolve yeast in warm water. Stir in flour. Place mixture in warm place 3 to 4 days or until bubbly and smells sour. Refrigerate it.

Replenish as in preceding recipe. If sourdough starter gets too sour, add a little baking soda to recipe—½ teaspoon to 3 cups flour.

## **stollen**

**2 packages dry yeast**

**¼ cup warm water**

**1 cup scalded milk**

**½ cup butter**

**¼ cup sugar**

**1 teaspoon salt**

**¼ teaspoon ground cardamom**

**4½ cups sifted all-purpose flour**

**1 egg, slightly beaten**

**1 cup seedless raisins**

**¼ cup currants**

**¼ cup chopped mixed candied fruits**

**2 tablespoons grated orange rind**

**1 tablespoon grated lemon rind**

**¼ cup chopped blanched almonds**

**2 tablespoons melted butter**

**Confectioners' sugar**

Dissolve yeast in warm water.

Combine milk, ½ cup butter, sugar, salt, and cardamom in large bowl; cool to lukewarm. Stir in 2 cups flour; mix well. Add yeast and egg; mix until blended. Stir in fruits, grated rinds, and almonds. Stir in enough remaining flour to make soft dough.

Turn out onto lightly floured surface. Knead 10 minutes or until smooth and elastic; add more flour as needed. Place in greased bowl; turn to grease surface. Cover; let rise in warm place 1 hour and 45 minutes or until double in bulk.

Punch down dough; turn out onto lightly floured surface. Cover; let rest 10 minutes. Shape into long, oval loaf; place on greased baking sheet. Cover; let rise in warm place 1 hour, until double in bulk.

Bake in preheated 375°F oven 20 minutes. Reduce oven temperature to 350°F; bake about 40 minutes, until lightly browned. Brush with melted butter; place on rack to cool.

Sprinkle with confectioners' sugar, then with additional candied fruits. Yield about 15 servings.

## **torrijas**

**8 to 10 (½- or 1-inch thick) bread slices**

**1 cup sifted confectioners' sugar**

**1½ teaspoons cinnamon**

**2 eggs**

**2 tablespoons sherry**

Cut 2 circles from each bread slice with 2¼-inch-round cookie cutter.

Sift sugar and cinnamon together; set aside.

Place eggs in small mixer bowl; beat with electric mixer until fluffy. Strain eggs. Stir in sherry.

Dip each bread round into egg mixture. Fry in 380°F oil in deep-fat fryer until lightly browned on each side. Watch carefully; Torrijas brown quickly. Remove from oil with slotted spoon; drain on absorbent paper.

Coat well with sugar mixture; serve immediately. Yield 16 to 20.

## **viennese coffee braid**

**2 packages dry yeast**

**4 tablespoons sugar**

**2½ cups milk, warmed**

## BREADS

**7 cups sifted all-purpose flour**  
**2 cups seedless raisins**  
**1½ teaspoons salt**  
**1 cup crushed sliced almonds**  
**6 tablespoons butter, softened**  
**3 eggs**  
**1 egg yolk**

Combine yeast with 1 tablespoon sugar in 1-pint bowl. Add  $\frac{2}{3}$  cup milk gradually, stirring until smooth. Add  $\frac{1}{3}$  cup flour, small amount at a time; stir until smooth. Cover with a cloth. Set in warm place; let rise 30 minutes.

Place remaining flour, sugar, raisins, salt, and almonds in extra-large mixing bowl. Blend with wooden spoon until raisins are well coated. Add 4 tablespoons butter and yeast mixture; mix well. Stir in eggs. Add remaining milk gradually, work-

ing into a dough. When thoroughly mixed, turn out onto floured surface, preferably wooden or marble. Knead with heel of your hand. Alternate kneading with slapping dough hard with palm of hand. Continue kneading and slapping about 10 minutes, until dough is smooth and soft. Return dough to large bowl. Cover; let rise in warm place 1 hour.

Turn out onto floured surface; punch down dough hard with your fist. Return to bowl. Cover and let rest for 30 minutes. Divide dough into 3 parts, graduated in size. The 3 pieces, from small to large, will weigh about 15, 20, and 28 ounces.

Roll out largest piece about 19 inches long. Cut into 3 (2-inch wide) strips.

Melt remaining butter. Dab a little on one end of each strip of dough; pinch together. Make 3-strand braid. Lift braid onto floured, 16-inch long



*viennese coffee braid*

baking sheet. Brush top with melted butter. Roll second-largest piece of dough into 17-inch-long strip. Cut into 3 (2-inch-wide) strips. Pinch together at one end as with first braid. Repeat braiding; place this braid on top of first. Brush with butter. Repeat procedure with smallest piece of dough, cutting 14-inch-long strips. Braid; place on top. Brush with additional melted butter.

Mix egg yolk with 1 tablespoon water; brush over braid. Cover lightly with tea towel; set in warm place. Let rise 1 hour.

Place in preheated 350°F oven, one shelf above center. Bake 1 hour. Remove from oven; place on cooling rack. Dust liberally with confectioners' sugar. Yield 1 braid.





*torrijas*

## yankee spoon bread

- 1 package frozen kernel corn
- 3 cups milk
- 1 cup cornmeal
- 2 tablespoons plus 2 teaspoons butter
- Salt
- 1 teaspoon baking powder
- 3 eggs, separated

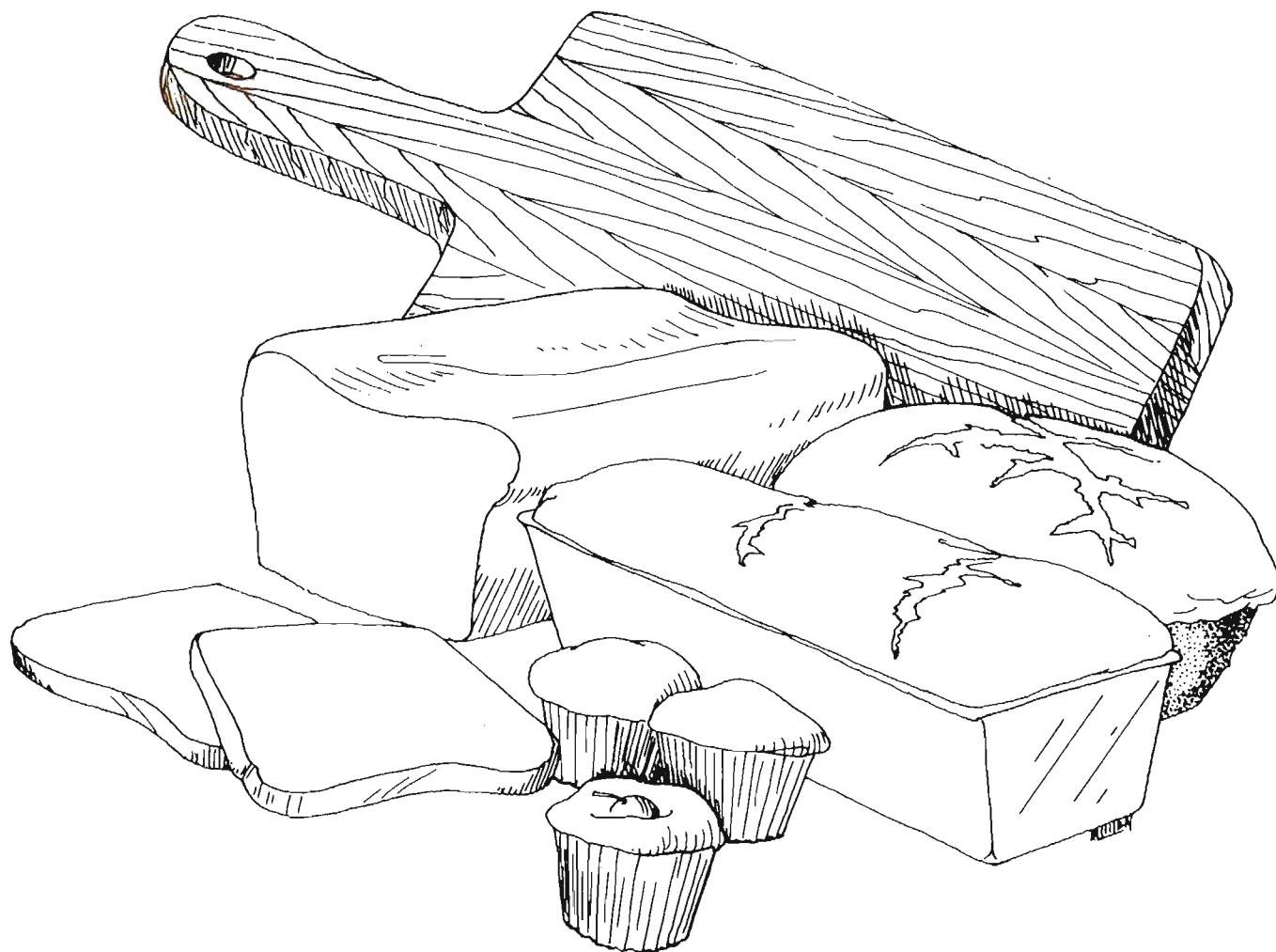
Preheat oven to 325°F.

Cook corn according to directions. Drain; cool.

Heat 2 cups milk.

Mix cornmeal with remaining cup of milk; add to hot milk. Cook until thick; stir constantly. Add butter and salt; let cool. Add corn, baking powder, and slightly beaten egg yolks, mixing well.

Beat egg whites until stiff; fold into cornmeal mixture. Pour all into casserole. Bake about 45 minutes. Yield 6 to 8 servings.





# CAKES

*almond jelly layers*

## almond jelly layers

**2¼ cups cake flour**  
**1½ cups granulated sugar**  
**4 teaspoons baking powder**  
**1 teaspoon salt**  
**½ cup shortening**  
**1 cup milk**  
**1 teaspoon vanilla**  
**2 eggs**  
**2 cups currant jelly, room temperature**  
**2 cups chopped almonds**

Combine flour, sugar, baking powder, and salt. Add shortening, ¾ cup milk, and vanilla. Beat on low speed 2 minutes. Add eggs and remaining milk. Beat 2 minutes.

Grease and flour 3 (8-inch) cake pans. Divide batter evenly among pans. Bake in 350°F oven 20 minutes or until done. Remove from pans; cool.

Whip jelly until spreadable. Spread between layers; stack layers. Cover sides of cake with thin coat of jelly; cover sides with 1 cup almonds before jelly sets. Pour remaining jelly on top of cake; cover top evenly. Spread remaining almonds around edge of cake and in circular design in center of cake, as illustrated. Let jelly set before serving. Yield 12 servings.

## angel almond layer

**1 Angel-Food Cake (see Index)**  
**1 cup strawberry jam**  
**8 egg whites**  
**¼ teaspoon cream of tartar**  
**½ cup granulated sugar**  
**¼ cup thinly sliced almonds**

Prepare angel-food cake as directed. Pour into loaf angel-food pan. Bake as directed. Invert pan;

cool. Remove cake from pan. Cut cake in half horizontally; spread jam between layers.

Whip egg whites until foamy. Gradually beat in cream of tartar and sugar until egg whites stand in peaks. Spread on sides and top of cake. Sprinkle almonds over meringue.

Bake in 450°F oven 3 minutes or until meringue starts to turn light brown. Yield 12 servings.

*angel almond layer*







*apple cake*



## CAKES

### angel-food cake

- 1 cup sifted cake flour
- 1½ cups sugar
- ¼ teaspoon salt
- 12 egg whites
- 1¼ teaspoons cream of tartar
- 1¼ teaspoons almond extract

Sift flour with ¼ cup sugar and salt 4 times.

Beat egg whites with cream of tartar until soft peaks form. Add remaining sugar, 2 tablespoons at a time; beat well after each addition. Sift ¼ cup flour mixture over egg whites; fold in carefully. Fold in remaining flour mixture by fourths. Turn into 10-inch tube pan.

Bake in preheated 375°F oven 35 to 40 minutes or until cake tests done. Invert pan on funnel; cool completely. Remove from pan. Yield 10 to 12 servings.

### apple cake

- 4 to 6 tart apples (medium size)
- 2 lemons, juiced
- 3 tablespoons sugar
- 3 tablespoons butter
- ¾ cup sugar
- 2 egg yolks (do not put 2 yolks together; they will be used individually)
- ½ lemon, juiced, peel grated
- 1 teaspoon baking powder
- 1½ cups flour
- ¾ cup milk
- 1 tablespoon rum
- 2 egg whites
- 1 teaspoon butter (to grease pan)
- 1 teaspoon vegetable oil
- 3 tablespoons powdered sugar

Peel apples. Cut in half; core. Cut decorative lengthwise slits in apples, about ½ inch deep (see picture). Sprinkle with lemon juice and 3 tablespoons sugar; set aside.

Cream butter and ¾ cup sugar together. Beat in egg yolks one at a time. Gradually beat in lemon juice and grated peel.

Sift baking powder and flour together; gradually add to batter. Blend in milk and rum.

In a small bowl beat egg whites until stiff; fold into batter.

Generously grease springform pan. Pour in batter; top with apple halves. Brush apples with oil.

Bake in preheated 350°F oven 35 to 40 minutes. Remove from pan; sprinkle with powdered sugar. Yield 6 servings.

### baba au rum

- ½ cup milk
- ⅓ cup butter

- 1 teaspoon salt
- 1¼ cups granulated sugar
- 1 package active dry yeast
- ¼ cup warm water
- 2 eggs, beaten
- ½ teaspoon grated lemon peel
- 2¼ cups all-purpose white flour
- ½ cup water
- ½ cup molasses
- ½ cup rum
- ½ cup powdered sugar

Scald milk. Add butter, salt, and ¼ cup granulated sugar until melted. Cool to lukewarm.

Dissolve yeast in warm water. Add to lukewarm milk; mix well. Stir in eggs and lemon peel. Add flour; beat until smooth. Cover; let rise 5 hours.

Beat down until smooth and elastic. Fill greased tube pan or Baba mold. Let rise uncovered 30 minutes.

Bake in 425°F 20 minutes or until done. Remove from pan at once.

Combine ½ cup water, 1 cup sugar, and molasses in heavy saucepan. Bring to boil; boil rapidly 10 minutes. Cool slightly; add rum. Place Baba in serving dish; soak with rum sauce 24 hours prior to serving.

To serve, dust with powdered sugar. Yield 12 servings.

### babka

- ½ cup milk
- ⅓ cup shortening
- 1 teaspoon salt

*babka*







*bûche au rum*

## CAKES

- ¼ cup granulated sugar**
- 1 package active dry yeast**
- ¼ cup warm water**
- 2 eggs**
- ½ teaspoon dried lemon peel**
- 2¼ cups all-purpose flour**
- 1 cup raisins**
- ¼ cup chopped almonds**

Scald milk. Add shortening, salt, and sugar; stir until melted. Cool to lukewarm.

Add yeast to water; stir until dissolved. Add to lukewarm milk mixture; mix well.

Beat eggs; add with lemon peel to milk mixture. Add flour; beat until smooth. Cover; let rise about 6 hours.

Punch down. Add raisins; beat until smooth and elastic.

Generously grease brioche pan; sprinkle bottom with almonds. Pour dough into pan. Let rise, uncovered, about 20 minutes.

Bake in 425°F oven 20 minutes. Unmold immediately. Yield 12 servings.

### basic chocolate cake

- ½ cup butter or margarine**
- 2 cups sugar**
- 3 eggs**
- 1½ teaspoons vanilla**
- 3 squares unsweetened chocolate, melted, cooled**
- 2 cups sifted cake flour**
- 2 teaspoons baking soda**
- ½ teaspoon salt**
- 1 cup sour cream**
- 1 cup boiling water**

Beat butter and sugar together in large bowl. Add eggs; beat until light and fluffy. Beat in vanilla and chocolate.

Sift together dry ingredients. Add alternately with sour cream to butter mixture; beat well after each addition. Stir in boiling water. (Batter will be thin.) Pour into 2 greased and floured 9-inch layer-cake pans.

Bake in preheated 350°F oven 35 minutes or until cake tests done. Cool in pan on wire racks 10 minutes. Turn out onto racks; cool completely. Fill and frost as desired. Yield 12 servings.

### basic close-textured sponge cake

- 1 cup sifted cake flour**
- 1 cup sifted self-rising flour**
- ¾ cup cornstarch**
- 1 cup butter**
- 1 cup extra-fine sugar**
- 4 large eggs**
- ½ cup milk**

Use 2 (9-inch) or 1 (12-inch) springform cake pans. Butter and lightly flour bases; do not prepare sides.

Sift flours and cornstarch together twice.

Cream butter in large mixing bowl with electric mixer at medium speed about 2 minutes or until creamy and smooth. Add sugar; cream 2 minutes or until light and fluffy. Beat in 2 heaping tablespoons flour mixture. Add 1 egg; beat until smooth. Continue adding part of flour mixture, then 1 egg until all ingredients are used. Add milk; beat until well mixed. Spoon batter equally and evenly into prepared pans.

Bake in preheated 350°F oven 25 minutes. Cool on racks about 5 minutes; remove layers from pans. Let cool completely on cake racks. Frost as desired. Yield 10 to 12 servings.



*basic sponge cake*

### basic sponge cake

- 1 cup cake flour**
- ¼ teaspoon salt**
- 6 eggs, separated**
- 1 cup extra-fine sugar**
- 1 tablespoon lemon juice**
- Grated rind of 1 lemon**
- Confectioners' sugar**

Grease and lightly flour bottom of 9¼ × 5¼ × 2¼-inch loaf pan.

Sift flour and salt together.

Beat egg yolks until thick and lemon-colored.

Beat egg whites in large mixing bowl with electric mixer at high speed until stiff but not dry. Add extra-fine sugar, about 2 tablespoons at a time; beat thoroughly after each addition. Beat in lemon juice and rind. Fold in egg yolks with rubber spatula or wire whisk. Cut and fold in flour mixture, small amount at a time. Continue folding 2 minutes after last addition. Fill prepared pan ¾



full; smooth batter evenly into corners and over top. (There will be batter left over.)

Bake in preheated 350°F oven 30 to 35 minutes or until cake tests done. Let cake cool in pan about 5 minutes. Turn onto rack to cool completely. Sprinkle with confectioners' sugar.

Pour remaining batter into 12 cupcake liners in muffin pan; fill about  $\frac{1}{2}$  full. Bake at 350°F about 18 minutes or until lightly browned. Yield  $9\frac{1}{4} \times 5\frac{1}{4}$  loaf and 12 cupcakes.

## basic white cake

**$2\frac{2}{3}$  cups sifted cake flour**

**$1\frac{1}{2}$  cups sugar**

**4 teaspoons baking powder**

**1 teaspoon salt**

**$\frac{2}{3}$  cup vegetable shortening**

**$1\frac{1}{4}$  cups milk**

**1 teaspoon vanilla**

**4 egg whites, beaten**

Grease bottoms of 2 (9-inch) round layer-cake pans. Line pans with waxed paper; grease and flour paper.

Combine flour, sugar, baking powder, salt, shortening,  $\frac{3}{4}$  cup milk, and vanilla in large bowl; beat until well blended. Add remaining milk and egg whites; beat well. Pour into pans.

Bake in preheated 350°F oven 30 minutes or until cake tests done. Cool in pans on wire racks 10 minutes. Turn out onto racks. Remove paper; cool completely. Fill and frost as desired. Yield 12 servings.

## basic yellow cake

**$\frac{3}{4}$  cup butter or margarine, softened**

**$1\frac{2}{3}$  cups sugar**

**2 eggs**

**2 teaspoons vanilla**

**3 cups sifted cake flour**

**$2\frac{1}{2}$  teaspoons baking powder**

**$\frac{1}{2}$  teaspoon salt**

**$1\frac{1}{3}$  cups milk**

Beat butter, sugar, eggs, and vanilla in large bowl.

Sift dry ingredients together. Add alternately with milk to butter mixture; beat until smooth after addition. Pour into 2 greased and floured 9-inch layer-cake pans.

Bake in preheated 350°F oven 30 minutes or until cake tests done. Cool in pans on wire racks 10 minutes. Turn out onto racks; cool completely. Fill and frost as desired. Yield 12 servings.

## birthday layers

**2 (9-inch) Basic White-Cake layers (see Index)**

**4 cups powdered sugar, sifted**

**$\frac{1}{4}$  cup hot milk**

**1 tube pink decorator's icing**

Slice cake layers in half, using sharp knife or string.

Combine sugar and milk; mix until smooth. Spread thin layer of icing between cake layers. Spread remaining icing over edges and top of

*birthday layers*



## CAKES

cake. Let icing set before decorating.

Using small heart cookie cutter, evenly space heart designs around edge of cake. Using decorator's icing, fill in heart outlines with icing. Write desired age in center of cake. Place on serving platter. Arrange candles around outside of cake. Yield 12 servings.

### black forest cherry cake

6 eggs

1 cup sugar

1 teaspoon vanilla

4 squares unsweetened baking chocolate, melted and cooled

1 cup sifted flour

*syrup*

¼ cup sugar

⅓ cup water

2 tablespoons kirsch

*butter-cream filling*

1½ cups confectioners' sugar

⅓ cup unsalted butter

1 egg yolk

2 tablespoons kirsch liquor

*topping*

2 cups drained canned sour cherries, patted dry

2 tablespoons confectioners' sugar

1 cup heavy cream, whipped

8-ounce semisweet chocolate bar

Beat eggs, sugar, and vanilla together until thick and fluffy, about 10 minutes. Alternately fold chocolate and flour into egg mixture, ending with flour. Pour batter into 3 well-greased and floured 8-inch-round cake pans. Bake in preheated 350°F oven 10 to 15 minutes, until cake tester inserted in center comes out clean. Cool cakes in pans 5 minutes; turn onto racks to cool completely.

Make syrup. Mix together sugar and water; boil 5 minutes. When syrup has cooled, stir in kirsch.

Prick cake layers; brush syrup over all 3 layers.

Make butter-cream filling. Beat together sugar and butter until well-blended. Add egg yolk; beat until light and fluffy, about 3 to 5 minutes. Fold in kirsch.

Assemble cake. Place 1 layer on cake plate. Spread with filling. Drop ¾ cup cherries evenly over filling. Place second layer on cake. Repeat. Place third layer on top.

Fold confectioners' sugar into whipped cream. Cover sides and top of cake with whipped cream. Decorate top of cake with remaining ½ cup cherries.

To make chocolate curls from chocolate bar, shave bar (at room temperature) with vegetable peeler. Refrigerate curls until ready to use.

Press chocolate curls on sides of cake; sprinkle a few on top. Chill until serving time. Yield 8 to 10 servings.

### butterscotch cake

½ cup (1 stick) butter

1 cup lightly packed brown sugar

1 egg

2 cups flour, sifted

3 teaspoons baking powder

½ cup milk

*butterscotch frosting*

¾ cup lightly packed brown sugar

2 tablespoons milk

Pinch of salt

2 tablespoons butter

½ cup confectioners' sugar, sifted

Chopped browned almonds

*butterscotch cake*







*candy cake*

Preheat oven to 375°F.

Grease 8-inch layer pan.

Cream butter and sugar until light and fluffy. Beat in egg. Fold in sifted flour and baking powder alternately with milk. Turn into prepared pan.

Bake 40 to 45 minutes. Turn onto cooling rack. When cold, top with Butterscotch frosting.

Make frosting. Put brown sugar, milk, salt, and butter into pan; stir over low heat until mixture boils. Cook steadily, without stirring, 5 minutes. Remove from stove. While still just warm, beat in confectioners' sugar. Add extra, if necessary, to give spreading consistency.

Spread almonds on baking sheet; brown lightly under broiler. Watch carefully; they burn easily.

Arrange almonds around edge of frosted cake. Yield 6 to 8 servings.

## candy cake

**1 recipe Milk-Chocolate Icing**

**2 (9-inch) Basic Chocolate-Cake layers (see Index)**

**12 assorted chocolates**

Prepare Milk-Chocolate Icing as directed. Spread between cake layers; stack layers. Frost top and sides of cake; smooth surface with frosting knife. Arrange chocolates on top of cake to indicate serving pieces.

Do not refrigerate, as temperature change will discolor chocolates. Yield 12 servings.

### *milk-chocolate icing*

**½ cup butter**

**1 pound powdered sugar, sifted**

**¼ cup milk**

**1 small plain milk-chocolate bar, melted**

Cream butter until smooth. Beat in sugar, small amount at a time; beat well after each addition. Add milk and chocolate; beat until icing becomes light and fluffy. Yield approximately 2 cups.





*cherry and orange dessert*

## cherry and orange dessert cake

- 3 eggs
- $\frac{3}{8}$  cup sugar
- $\frac{3}{8}$  cup flour, sifted
- $\frac{1}{4}$  cup sweet (unsalted) butter, melted
- $1\frac{1}{2}$  cups whipping cream
- 1 can pitted red cherries, chopped, juice reserved
- 1 can orange sections
- 2 tablespoons cognac or rum
- $\frac{1}{4}$  cup browned flaked almonds
- $\frac{1}{4}$  cup sugar

Preheat oven to 350°F.

Grease and line 6-inch-round baking pan with greased paper.

Whisk eggs and sugar in top of double boiler until thick enough to form a ribbon. Remove from stove; whisk until cool. Fold in flour, using metal spoon. Fold in butter. Pour into pan.

Bake  $\frac{3}{4}$  to 1 hour, until cake is firm when lightly pressed on top. Leave in pan for few minutes before turning out. When cold, split into 3 sections.

Whip cream (reserve some for decorating). Add half the cherries and orange sections to rest. Add cognac. Sandwich each layer with fruit-and-cream mixture.

Spread some of remaining cream lightly around sides of cake. Cover with almonds. Decorate top of cake with rings of cherries and orange sections.

Boil  $\frac{1}{2}$  cup juice from cherries with  $\frac{1}{4}$  cup sugar until reduced to a glaze; spoon over fruit. Decorate with rosettes of cream. Yield 6 to 8 servings.

## chilled cheesecake

- 3 tablespoons melted butter
- $\frac{3}{4}$  cup graham-cracker crumbs
- Sugar
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{4}$  teaspoon nutmeg
- 2 envelopes unflavored gelatin
- 2 eggs, separated
- 1 cup milk
- 1 teaspoon grated lemon rind
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- 3 cups creamed cottage cheese
- 1 cup whipping cream, whipped



*chilled cheesecake*





*chocolate-covered pear layer*

Combine butter, graham-cracker crumbs, 2 tablespoons sugar, cinnamon, and nutmeg in bowl. Press  $\frac{1}{2}$  cup crumb mixture into 8- or 9-inch springform pan.

Combine gelatin and  $\frac{3}{4}$  cup sugar in medium saucepan.

Beat egg yolks. Stir in milk gradually. Stir into gelatin mixture; place over low heat. Cook, stirring constantly, 3 to 5 minutes or until gelatin dissolves and mixture is slightly thickened. Remove from heat. Stir in lemon rind, lemon juice, and vanilla.

Beat cottage cheese with electric mixer at high speed 3 to 4 minutes or until smooth. Stir into gelatin mixture. Chill, stirring occasionally, until mixture mounds slightly when dropped from spoon.

Beat egg whites until stiff but not dry. Gradually add  $\frac{1}{4}$  cup sugar; beat until very stiff. Fold into gelatin mixture; fold in whipped cream.

Turn into prepared pan; sprinkle with remaining crumb mixture. Chill 3 to 4 hours or until firm. Loosen sides of pan with sharp knife; release springform.

An 8-cup loaf pan can be used instead of springform pan. Grease loaf pan lightly. Cut waxed paper to fit pan; line pan. Invert onto serving plate to unmold; remove waxed paper. Yield 12 servings.

## chinese almond torte

**2 eggs**

**$1\frac{1}{2}$  cups sugar**

**$\frac{1}{4}$  cup sifted all-purpose flour**

**$2\frac{1}{2}$  teaspoons baking powder**

**$\frac{1}{4}$  teaspoon salt**

**2 teaspoons almond extract**

**$\frac{1}{2}$  cup slivered almonds**

**1 medium apple, finely chopped**

Preheat oven to 350°F.

Beat eggs until light. Gradually add sugar; beat until thick and lemon-colored.

Sift together flour, baking powder, and salt. Fold into egg mixture. Add almond extract, nuts, and apple; fold in gently. Pour into 8-inch-square baking pan. Bake 25 minutes. Yield 6 servings.

## CAKES

### chocolate-covered pear layer

- 10 canned pear halves, drained
- 1 (9-inch) Basic Yellow-Cake layer (see Index)
- ½ cup corn syrup
- ¼ cup hot water
- ¼ cup butter
- 1 12-ounce package chocolate chips
- 1 can pressurized whipped topping

Slice each pear half into 3 equal slices. Arrange in circle around outer edge of cake layer.

Combine corn syrup, hot water, and butter in saucepan; heat to boiling. Remove from heat. Stir in chocolate chips until well blended. Cool to warm.

Cover cake with warm glaze. Let glaze set before decorating with whipped topping, as illustrated. Yield 12 servings.

### chocolate dessert cake

- 2 squares (2 ounces) unsweetened chocolate
- 2 cups flour
- ¼ teaspoon salt
- 1 teaspoon baking soda
- ¼ teaspoon bicarbonate of soda
- ½ cup butter or margarine
- ¾ cup sugar
- 2 eggs
- 1 cup beer or ale
- ½ cup coarsely chopped pecans

#### filling

- ¼ cup softened butter
- ¾ cup confectioners' sugar
- 1 tablespoon beer or ale
- 2 squares (2 ounces) unsweetened chocolate

*christmas cutout cake*



Grease and line 2 (8-inch) cake pans.

Melt chocolate; let cool.

Sift flour, salt, baking soda, and bicarbonate together.

Beat butter and sugar together until light and creamy. Beat in eggs one at a time. Add chocolate-and-flour mixture alternately with beer; beat well. Fold in pecans. Put into prepared pans. Bake 25 to 30 minutes at 350°F. Leave in pans to cool 5 minutes before turning out.

Make filling. Beat butter and sugar until creamy. Add beer and chocolate; beat well. Chill until required.

To finish, sandwich cakes with half the filling; spread rest on top. Decorate with extra pecans or whipped cream if desired. Yield 8 to 10 servings.



*coffee cream-roll cake*

### christmas cutout cake

- Cutouts from Christmas cards or coloring book
- 1 (9-inch) Basic Chocolate-Cake layer (see Index)
- 1 cup powdered sugar, sifted

Cut out holiday figures to fit dimensions of cake. Arrange on cake layer in attractive design. Dust top of cake with powdered sugar. Remove designs. Cover cake until serving time, to prevent dryness. Yield 10 servings.



## coffee cream-roll cake

- 2½ cups sweet cracker crumbs
- ¾ cup confectioners' sugar, sifted
- ⅓ cup ground almonds
- ½ cup hot black coffee
- ½ teaspoon vanilla extract

Put cracker crumbs into bowl with sugar and almonds. Make well in center. Add coffee and vanilla; mix to soft dough.

Sift a little extra sugar onto large sheet of grease-proof paper. Roll out mixture onto paper to rectangular shape about 9 × 12 inches. Spread evenly with desired filling. Holding paper with both hands, gently roll into Swiss-roll shape. Keep in paper; refrigerate until firm. Yield 6 servings.

### *butter-cream filling*

- ¾ cup sugar
- ⅓ cup water
- ½ cup (1 stick) butter
- 1 to 2 teaspoons rum

Put sugar and water into pan; stir over low heat until sugar has dissolved. Boil 5 minutes. Remove from heat; cool.

Beat butter until creamy. Gradually add cold syrup; beat well between each addition. Add rum to taste.

### *cream filling*

- 1 cup whipping cream
- ¼ cup confectioners' sugar
- 1 to 2 teaspoons rum

Beat cream until stiff. Gradually add sugar and rum.

## cream-cheese mocha cake

- ½ cup strong coffee, hot
- ⅓ cup cocoa
- ½ cup butter or margarine
- 1 cup brown sugar
- 1 cup granulated sugar
- 3 egg yolks
- 1 teaspoon baking soda
- ½ cup sour cream
- 2 cups all-purpose flour
- 3 egg whites, beaten stiffly
- 2 batches Cream-Cheese Frosting (see Index)

Gradually add coffee to cocoa, stirring constantly; let stand until cool.

Cream butter and sugars until light and fluffy. Add egg yolks; beat until batter is thick. Add coffee-and-cocoa mixture.

Dissolve soda in cream. Add alternately to sugar mixture with flour; beat well after each addition. Fold in egg whites. Pour batter into 2 well-greased and floured 9-inch cake pans.

Bake in 350°F oven 35 to 40 minutes or until



*cream-cheese mocha cake*

done. Remove from pans; cool.

Prepare frosting as directed. Spread between cake layers; stack layers. Spread over sides and top of cake. Score top of cake to indicate serving pieces. Using ribbon-edge piping tip and frosting-filled pastry bag, form a flower on each serving piece, as illustrated. Yield 12 servings.

## crown-jewel cake

- 1 cup all-purpose white flour
- 1 cup whole-wheat flour
- 2 teaspoons baking powder
- 1½ teaspoons baking soda
- ½ teaspoon salt
- 2 teaspoons apple-pie spice
- 1 cup granulated sugar
- 1 cup brown sugar
- 1½ cups oil
- 4 eggs, beaten
- 2 cups grated carrots
- 1 (8½-ounce) can crushed pineapple, drained
- ½ cup chopped almonds
- 2 cups powdered sugar, sifted
- 2 to 3 tablespoons hot milk
- ½ cup candied fruit
- ½ cup slivered almonds

Combine flours, baking powder, soda, salt, and apple-pie spice. Add granulated and brown sugars, oil, and eggs; mix with electric beater 2 minutes. Add carrots, pineapple, and nuts; stir in. Pour into 2 greased and floured 9-inch cake pans.

Bake at 350°F 35 to 40 minutes or until done.

## CAKES

Cool; remove from pans.

Combine powdered sugar and enough hot milk to form pourable icing; mix until smooth. Spread small amount of icing between layers; stack layers. Drizzle remaining icing over top and sides of cake.

Combine fruit and almonds. Sprinkle over top of cake. Yield 12 servings.

### cupcakes

**2 cups sifted flour**

**½ teaspoon salt**

**2 teaspoons baking powder**

**½ cup (1 stick) butter**

**1¼ cups sugar**

**2 eggs**

**1 cup milk**

**1 teaspoon vanilla extract**

Preheat oven to 375°F.

Line 24 muffin pans with paper liners, or grease pans and sprinkle lightly with flour.

Sift flour, salt, and baking powder together.

Cream butter. Add sugar; beat until light and fluffy. Beat in eggs one at a time. Add flour mixture alternately with milk; beat well after each addition. Stir in vanilla. Put into prepared pans; bake about 20 minutes.

When cool, sprinkle with confectioners' sugar or cover with frosting. Yield 24.

### easter bunny cookie-cutter cake

**2 cups powdered sugar, sifted**

**2 tablespoons hot milk**

**1 teaspoon vanilla**

**2 (9-inch) Basic Chocolate-Cake layers (see Index)**



*crown-jewel cake*

Combine sugar, milk, and vanilla; mix until smooth and free from lumps. Spread ¼ cup icing between cake layers.

Place rabbit cookie cutter in center of top of cake. Spoon icing over top of cake; let drizzle down sides. Remove cookie cutter; form rabbit's eye with dot of frosting. Let frosting set before serving. Yield 12 servings.

### easy jam sponge cake

**2 eggs**

**1 egg yolk**

**⅔ cup confectioners' sugar**

**½ cup cake flour**

**¼ teaspoon salt**

**¼ teaspoon vanilla extract**

**1 12-ounce jar black-currant jam**

Line bottom of 9-inch layer-cake pan with buttered waxed paper; sprinkle with flour.

Combine eggs, egg yolk, and sugar in mixing bowl. Beat with electric mixer until very thick and creamy.

Sift flour and salt together. Carefully fold into egg mixture. Add vanilla. Turn batter into prepared pan.

Bake in preheated 350°F oven 30 minutes. Cool on rack 5 minutes. Turn out; cool completely.

Split cake in half crosswise; spread jam between layers. Sprinkle top of cake generously with additional confectioners' sugar. Yield about 8 servings.

### french meringue cake

**1 recipe Basic Meringues mixture (see Index)**

**1 recipe Basic Coffee Butter Cream**

**Toasted almonds, sliced**

**Confectioners' sugar sifted**

Drop meringue mixture by heaping tablespoon-fuls onto cookie sheets lined with oiled brown paper.

Bake in preheated 250°F oven 55 minutes. Remove from paper onto racks. Cool; crumble

*easter bunny cookie-cutter cake*



into large bowl. Add 2 cups butter cream to meringue crumbs; mix until crumbs hold together. Divide into 2 equal parts. Place each part between 2 sheets waxed paper; pat into 7 x 8-inch rectangles. Chill about 20 minutes or until layers are firm.

Remove both sheets waxed paper from 1 rectangle; place rectangle on serving platter. Spread with thin layer of butter cream.

Remove 1 sheet waxed paper from remaining rectangle. Place rectangle, waxed-paper-side-up, over butter-cream-covered rectangle; remove waxed paper.

Spread remaining butter cream over top and sides of cake. Arrange almonds over top. Sprinkle with confectioners' sugar just before serving.

*easy jam sponge cake*



Cake sides can be piped with remaining butter cream, if desired. Yield 20 servings.

#### *basic coffee butter cream*

**1 cup unsalted butter, softened**

**5 cups sifted confectioners' sugar**

**2 egg yolks**

**¼ cup Basic Coffee Syrup (see Index)**

Cream butter in large mixing bowl with electric mixer until light and fluffy. Add half the sugar; beat until smooth. Add egg yolks; blend well. Mix in remaining confectioners' sugar. Pour in coffee syrup; beat until well combined and fluffy. Yield Enough to fill, frost, and decorate a 9-inch 2-layer cake

### **german cheesecake**

**1½ pints sour cream**

**32 ounces cream cheese, room temperature**

**7 eggs**

**5 teaspoons vanilla**

**1 cup sugar**

**1 box graham cracker crumbs or 1 package (22 crackers) graham crackers, crumbled**

**2 tablespoons sugar**

**6 tablespoons butter or margarine, melted**

Use 10-inch spring pan.

Mix sour cream, cream cheese, eggs, vanilla, and sugar in large mixing bowl; beat 25 minutes on medium speed.

Meanwhile, combine crumbs, sugar, and melted butter; mix well. Press onto bottom and sides of pan. Chill in freezer 15 minutes. Pour batter into pan.

Bake at 375°F 1¼ hours or until top is very brown. Turn off oven; let stay 2 hours with oven door ajar. Can top with cherry-pie filling. Yield 10 to 12 servings.

### **gingerbread**

**½ cup butter or margarine**

**½ cup packed brown sugar**

**1 egg**

**½ cup molasses**

**1½ cups flour**

**½ teaspoon salt**

**¾ teaspoon baking soda**

**½ teaspoon ginger**

**½ teaspoon cinnamon**

**½ cup boiling water**

Beat butter and sugar until creamy. Add egg and molasses; beat well.

Mix dry ingredients thoroughly. Add to molasses mixture alternately with boiling water. Beat after each addition. Pour into greased 8 x 8 x 2-inch baking pan.

Bake at 350°F 35 to 40 minutes. Serve warm. Yield 6 to 9 servings.



*ginger walnut loaf*

## ginger walnut loaf

**1** Gingerbread cake (see Index)

**½ cup** honey

**2 cups** coarsely chopped walnuts

Bake Gingerbread in loaf pan. Remove from oven; wait 5 minutes before removing from pan. Remove from pan. Coat top with honey. Spread walnuts over top; press gently into honey coating. Yield 10 servings.

## golden bundt cake

**3 cups** sugar

**1½ cups** butter or margarine

**5 eggs**

**3 cups** unsifted flour

**¼ teaspoon** salt

**5-ounce can** evaporated milk plus water to make 1 cup

**2 teaspoons** vanilla

Beat sugar and butter until light and fluffy, about 5 minutes. Beat in eggs one at a time; beat well after each addition.

Mix flour and salt. Alternately add flour and milk, ending with flour. Fold in flavoring.

Start in cold oven. Bake in greased tube pan at 325°F 1 hour and 45 minutes, until done. Do not open door. Remove from pan and cool on wire rack. Yield 10 to 12 servings.

## gypsy john

*chocolate cake*

**1 cup** cake flour

**¼ cup** unsweetened cocoa

**1 teaspoon** baking powder

**¼ teaspoon** salt

**3 large** eggs

**1 cup** sugar

**⅓ cup** water

**1 teaspoon** vanilla

Sift together flour, cocoa, baking powder, and salt twice; set aside.

Line jelly-roll pan with waxed paper; grease.

Place eggs in small mixing bowl. Beat with elec-





tric mixer 5 minutes or until thick and lemon-colored. Slowly beat in sugar, tablespoon at a time. Mixture will become very thick. Transfer to large mixing bowl. Beat in water and vanilla. Slowly add flour mixture; beat until smooth. Pour into prepared pan; spread evenly to corners.

Bake in preheated 375°F oven 12 to 15 minutes or until cake tests done. Loosen from pan. Turn out on rack; remove waxed paper. Invert; cool completely.

Cut cake in half crosswise. Place 1 piece of cake on small cookie sheet. Top with Chocolate Filling; spread to form even layer 1½ inches thick. Top with remaining cake layer. Chill at least 1 hour.

Spread icing over top of cake. Chill until icing sets.

Cut cake into 12 squares; arrange on decorative plate. Yield 12 servings.

#### *chocolate filling*

**10 squares semisweet chocolate, broken into pieces**

**2 cups heavy cream**

**2 tablespoons rum**

Combine chocolate and cream in heavy saucepan. Heat slowly, stirring constantly, until chocolate melts. Transfer to medium-size mixing bowl. Stir in rum. Chill 1 to 2 hours. Beat with electric mixer until stiff and thick.

#### *chocolate icing*

**¼ cup light corn syrup**

**2 tablespoons hot water**

**2 tablespoons butter**

**1 (6-ounce) package semisweet chocolate bits**

Combine corn syrup, water, and butter in small saucepan. Bring to boil; cook until butter melts. Remove from heat. Add chocolate bits; stir until chocolate melts. Cool to room temperature.

## **hazelnut layer cake**

**½ pint whipping cream**

**¼ cup granulated sugar**

**1 teaspoon vanilla**

**½ cup ground hazelnuts**

**1 (9-inch) Basic White-Cake layer (see Index)**

**12 whole hazelnuts**

Whip cream until it starts to hold its shape. Continue to beat, gradually adding sugar and vanilla. Fold in ground hazelnuts. Spread whipped cream smoothly over cake. Mark serving pieces in topping. Garnish each serving piece with whipped-cream rosette and whole hazelnut. Refrigerate. Yield 12 servings.

## **honey treats**

**1 (8-inch) loaf Pound Cake (see Index)**

**½ cup honey**

*honey treats*



*hazelnut layer cake*

Slice cake into 2-inch squares. Place on cooling rack.

Warm honey; drizzle over cake squares.

To serve, place sweetened cakes on serving platter or into individual paper cups. Yield 12 servings.



## CAKES

### layered chocolate dessert cake

- 1½ cups milk
- 4 squares unsweetened chocolate
- 1½ cups sugar
- ½ cup butter
- 1 teaspoon vanilla extract
- 2 eggs
- 2 cups sifted all-purpose flour
- ¾ teaspoon salt
- 1 teaspoon baking soda
- 1 recipe Mocha Butter Cream (see Index)
- ½ recipe Special Chocolate Icing (see Index)

Line bottom of 13 × 8 × 2-inch baking pan with waxed paper; grease and flour the waxed paper.

Place 1 cup milk, chocolate, and ½ cup sugar in top of double boiler. Place over boiling water; cook, stirring constantly, until chocolate is melted. Remove from boiling water; cool.

Cream the butter and remaining sugar in large mixing bowl with electric mixer. Add vanilla and eggs; beat well. Beat in chocolate mixture.

Sift flour with salt; add to chocolate mixture alternately with remaining milk. Beat 2 minutes at medium speed.

Dissolve soda in 3 tablespoons boiling water. Add to batter; beat 1 minute. Pour into prepared pan.

Bake at 350°F 30 to 35 minutes or until cake tests done. Cool in pan 10 minutes. Remove from pan; cool on rack.

Trim edges from cake; cut cake crosswise into 3 equal portions. Cover 2 portions with Mocha But-

*layered chocolate dessert cake*



ter Cream; stack one on top of other. Place on cake plate. Top with remaining portion. Spread top and sides with thin layer of Mocha Butter Cream. Pour most of icing over top and sides of cake. Chill until firm.

Drizzle remaining icing over top of cake, if desired; chill until firm. Yield about 12 servings.

### lemon spice dessert cake

- cake*
- ½ cup butter or margarine
- ¾ cup sugar
- 1 egg
- 1½ cups cake flour
- ½ teaspoon salt
- ¼ teaspoon grated nutmeg
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 2 teaspoons baking powder
- 4 tablespoons water
- 4 tablespoons lemon juice
- ½ cup seeded or seedless raisins
- 1 teaspoon grated lemon rind

#### *topping*

- 2 tablespoons soft butter or margarine
- ½ cup light brown sugar
- ¼ teaspoon grated nutmeg
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ⅛ teaspoon salt
- 2 tablespoons flour

Preheat oven to 350°F.

Grease and flour cake pan about 8 × 8 × 2 inches.

Cream the butter and sugar until light and fluffy. Add egg; beat well.

Set aside 2 tablespoons flour. Sift rest with salt, spices, and baking powder; add to creamed mixture alternately with water and lemon juice mixed together.

Dredge raisins with reserved flour; stir with lemon rind into cake mixture. Pour into prepared pan.

Toss all topping ingredients together with fork; sprinkle over cake batter.

Bake 45 to 50 minutes. Leave in the pan until cold. Cut into squares. Yield 6 servings.

### miniature cheesecakes

- ¾ stick butter or margarine
- 1½ cups graham-cracker crumbs
- ½ pound dry cottage cheese
- ½ pound cream cheese
- ½ pint sour cream
- ¾ cup sugar
- 3 eggs





*neopolitan torte*

**1 teaspoon vanilla**

**1 can cherry and/or blueberry pie filling**

Melt butter. Combine with crumbs; set aside. With mixer combine cottage cheese, cream cheese, and sour cream until blended. Add sugar, then eggs and vanilla. Spin in blender or food processor 1 minute or until smooth.

Line miniature muffin tins with paper cupcake liners. Put 1 teaspoon crumb mixture in each liner; press down. Fill  $\frac{3}{4}$  full with cheese mixture.

Bake at 350°F exactly 12 minutes. When cool, top each with 1 teaspoon pie filling. Chill until topping sets. Can be frozen. Yield 4 dozen.

## neopolitan torte

*dough*

**$\frac{3}{4}$  cup butter**

**1 cup sugar**

**2 eggs**

**$\frac{1}{2}$  cup ground almonds**

**$1\frac{1}{2}$  teaspoons grated lemon rind**

**$3\frac{1}{2}$  cups flour**

*filling*

**$\frac{1}{3}$  cups raspberry jam (very thick, with lots of fruit)**

*glaze and garnish*

**2 cups sifted confectioners' sugar**

**2 tablespoons hot water**

**2 tablespoons maraschino cherry liqueur**

**Few drops red food coloring**

**$\frac{1}{2}$  cup whipping cream**

**6 candied cherries, halved**

Cream butter and sugar well. Beat in eggs one at a time. Add almonds and lemon rind; mix. Slowly add flour, mixing in well by hand. Form into large ball; cover. Refrigerate 1 hour.

Divide dough into 5 equal parts.

Grease detached bottom of 10-inch springform pan.

Roll dough 1 part at a time; cut to fit springform pan. Place 1 layer of dough on bottom section of pan. Spread with  $\frac{1}{3}$  cup jam. Top with another layer of dough; spread with jam. Repeat until all dough is used.

Place ring around pan. Bake at 400°F in bottom oven rack 45 minutes. Cool; place on platter.

Mix confectioners' sugar, water, liqueur, and coloring to form smooth glaze. Smooth over top of cake.

Whip cream until stiff. Place in pastry bag fitted with rose tip; pipe 12 rosettes around edge of cake. Top each rosette with  $\frac{1}{2}$  of a candied cherry. Yield 12 servings.

## normandy sand cake

**$1\frac{1}{2}$  cups cake flour, sifted**

**1 teaspoon baking powder**

**$\frac{1}{8}$  teaspoon nutmeg**

**$\frac{1}{2}$  cup unsalted butter, softened**

**1 cup sugar**

**3 eggs**

**6 tablespoons Madeira**

**$\frac{1}{2}$  teaspoon grated lemon rind**

**Confectioners' sugar**





*normandy sand cake*

Sift flour, baking powder, and nutmeg together.

Cream butter and sugar together, using electric mixer at medium speed, 5 minutes or until thick and creamy. Add eggs one at a time; beat well after each addition. Add flour mixture alternately with Madeira, beginning and ending with flour mixture; beat well after each addition. Stir in lemon rind. Pour batter into well-greased and floured loaf pan.

Bake in preheated 350°F oven 25 to 30 minutes or until cake tests done. Let cake cool in pan 5 minutes; turn out on rack to cool completely. Dust with sifted confectioners' sugar before serving. Yield 6 to 8 servings.

## orange cheesecake

**1 cup sifted all-purpose flour**

**¼ cup sugar**

**1 tablespoon grated orange rind**

**½ cup butter**

**1 egg yolk**

**½ teaspoon vanilla extract**

Combine flour, sugar, and orange rind. Add butter; cut in with pastry blender until of a coarse meal consistency. Add egg yolk and vanilla; blend well. Place ⅓ of dough on bottom of 9-inch springform pan; pat out evenly to cover bottom.

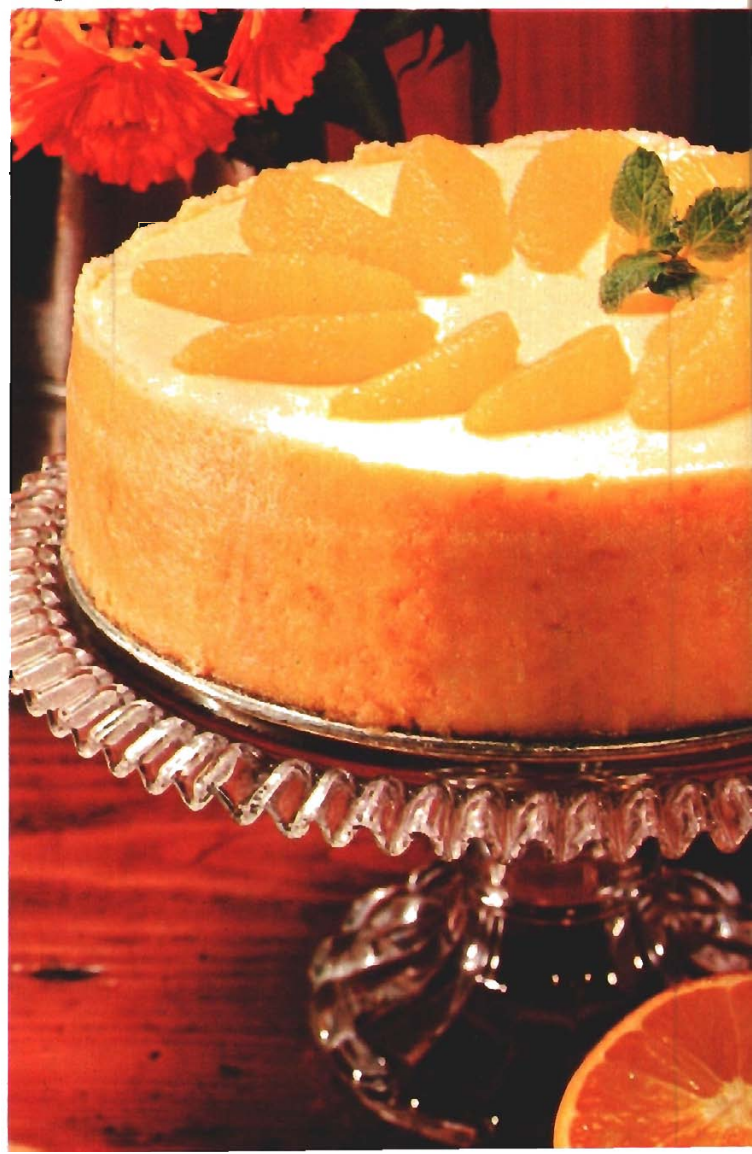
Bake in preheated 400°F oven 5 minutes or until golden brown. Remove from oven; cool.

Pat remaining dough evenly around sides to ½ inch from top. Set aside; prepare filling.

Pour filling into prepared pan; place on cookie sheet.

Bake in preheated 400°F oven 8 to 10 minutes

*orange cheesecake*





or until crust is lightly browned. Reduce oven temperature to 225°F; bake 1 hour and 20 minutes. Cool to room temperature; refrigerate until well chilled. Garnish with fresh orange sections. Yield 12 to 18 servings.

**orange cheese filling**

**5 (8-ounce) packages cream cheese, softened**  
**1¾ cups sugar**  
**3 tablespoons all-purpose flour**  
**1 tablespoon grated orange rind**  
**¼ teaspoon salt**

**¼ teaspoon vanilla extract**

**5 eggs**

**2 egg yolks**

**¼ cup frozen Florida orange-juice concentrate, thawed**

Combine cream cheese, sugar, flour, orange rind, salt, and vanilla in large mixer bowl. Beat with electric mixer at low speed until smooth. Add eggs and egg yolks one at a time; beat well after each addition. Stir in orange-juice concentrate.



*peach marshmallow dessert cake*

## peach marshmallow dessert cake

**3 tablespoons butter**  
**¼ cup sugar**  
**½ cup corn syrup**  
**1 egg**  
**2 cups cake flour**  
**2 teaspoons baking powder**  
**¼ teaspoon salt**  
**½ cup milk**  
**8 peach halves**  
**1½ cups brown sugar**  
**1 teaspoon ground cinnamon**

**8 marshmallows**

Preheat oven to 350°F.

Grease 8 × 12-inch baking pan.

Cream 2 tablespoons butter, sugar, and corn syrup together. Add egg; beat well.

Sift flour, baking powder, and salt; add to creamed mixture alternately with milk. Pour into prepared pan; arrange peach halves on top.

Cream 1 tablespoon butter with brown sugar and cinnamon; sprinkle over peaches.

Bake 40 minutes. Place marshmallows on top of each peach half; return to oven to brown. Yield 8 servings.



*peanut-butter layer cake*

## peanut-butter layer cake

2 eggs  
 ½ cup granulated sugar  
 2¼ cups cake flour  
 3 teaspoons baking powder  
 1 teaspoon salt  
 ¼ teaspoon baking soda  
 1 cup well-packed brown sugar  
 ⅓ cup peanut butter  
 ⅓ cup vegetable oil  
 1¼ cups milk

### *peanut-butter frosting*

¼ cup peanut butter  
 3 cups sifted confectioners' sugar  
 4 to 5 tablespoons milk  
 ¼ cup peanuts

Preheat oven to 350°F.

Grease and flour 2 (8- or 9-inch) layer-cake pans.

Bake cake. Separate eggs. Beat whites until fluffy. Add granulated sugar; beat until stiff and glossy.

Sift flour, baking powder, salt, and baking soda together into bowl. Add brown sugar, peanut butter, oil, and ½ the milk; beat well. Add remaining milk and egg yolks; beat again. (If using mixer, beat 1 minute each time at medium speed.) Fold in egg-white mixture lightly. Put into prepared pans.

Bake 30 to 35 minutes. Leave in pans to cool a little; turn onto rack.

Prepare frosting. Blend peanut butter with sugar. Add enough milk to make creamy consistency. Use to sandwich layers together; spread rest over top. Sprinkle top edge with peanuts. Yield 8- or 9-inch layer cake.

## pineapple carrot cake

2 cups flour  
 2 teaspoons baking soda  
 1¼ teaspoons salt  
 2 teaspoons cinnamon  
 4 eggs  
 2 cups sugar  
 1 cup oil or melted butter  
 2 cups grated carrots  
 2 cups crushed pineapple (drained)  
 1 cup walnuts or fresh coconut

Sift together dry ingredients; set aside.

Mix eggs, sugar, and oil, stirring well. Add carrots, pineapple, and nuts; beat after each addition. Add sifted ingredients; stir well. Pour into greased and floured 9 × 13-inch pan.

Bake at 350°F 40 minutes.

Frost with whipped-cream icing or cream-cheese icing. Yield 6 servings.

## pineapple meringue dessert cake

½ cup cake flour  
 ¾ teaspoon baking powder  
 Pinch of salt  
 2 eggs  
 ¾ cup sugar  
 ¼ cup butter or margarine  
 ½ teaspoon vanilla extract  
 3½ tablespoons milk  
 Blanched almonds, chopped  
 1 cup (No. 1 can) drained crushed pineapple  
 ½ cup whipping cream

Preheat oven to 300°F.

Grease 2 (8-inch) layer pans.

Sift flour, baking powder, and salt together.

Beat egg yolks until thick and honey-colored.



Gradually beat in  $\frac{1}{4}$  cup sugar. Add well-creamed butter and vanilla; mix well. Beat in flour and milk. Spread mixture evenly between 2 layer pans; chill.

Beat egg whites stiffly. Fold in  $\frac{1}{2}$  cup sugar; spread on top of each cake. Sprinkle thickly with almonds, pressing them into surface of cakes.

Bake for about 50 minutes.

When cold, sandwich layers with a little pineapple and whipped cream mixed together. Cover top with remaining pineapple and whipped cream. Yield 8 servings.

## polish easter cake

$\frac{1}{2}$  cup milk

$\frac{1}{2}$  cup granulated sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  cup butter

$\frac{1}{4}$  cup warm water

1 package active dry yeast

2 eggs, beaten

$2\frac{1}{2}$  cups all-purpose white flour

$\frac{1}{2}$  cup chopped almonds

$\frac{1}{2}$  cup raisins

$\frac{1}{2}$  teaspoon grated lemon peel

1 cup confectioners' sugar

1 tablespoon milk

Whole candied cherries

Scald  $\frac{1}{2}$  cup milk. Stir in sugar, salt, and butter. Cool to lukewarm.

Pour lukewarm water into large bowl. Sprinkle yeast over water; stir until dissolved. Add milk mixture, eggs, and flour; beat vigorously 5 min-

utes. Cover; let rise in warm place, free from draft, for  $1\frac{1}{2}$  hours or until double in bulk.

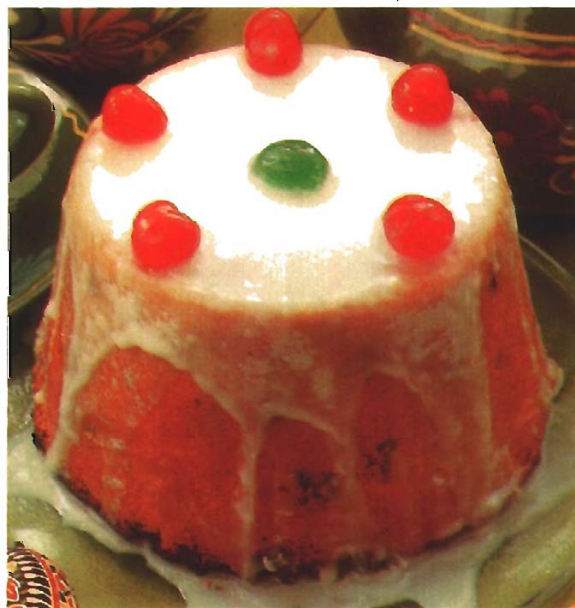
Stir down batter; beat in almonds, raisins, and lemon peel. Pour batter into greased and floured  $1\frac{1}{2}$ -quart Charlotte mold or deep cake pan. Let rise 1 hour.

Bake in  $350^{\circ}\text{F}$  oven 50 minutes. Let cool in pan 20 minutes; remove.

Beat together confectioners' sugar and 1 tablespoon milk to form glaze.

To serve, place cake on serving platter; drizzle glaze on top. Garnish with cherries. Yield 8 servings.

*polish easter cake*



*pineapple meringue dessert cake*





*queen-of-hearts crown cake*

## **pound cake**

**1 cup butter or margarine**  
**1½ cups sugar**  
**5 eggs**  
**2 cups sifted cake flour**  
**1½ teaspoons salt**  
**1 teaspoon vanilla**

Cream butter and sugar together. Add eggs one at a time; beat well after each addition. Add sifted dry ingredients. Add vanilla; beat thoroughly.

Bake in greased loaf pan in 350°F oven 1 to 1¼ hours or until cake tests done. Cool in pan on wire rack 10 minutes. Turn out onto rack; cool completely before serving. Yield 8 servings.

## **queen-of-hearts crown cake**

**4 egg whites**  
**¼ teaspoon cream of tartar**  
**Dash of salt**  
**¼ cup granulated sugar**  
**1 (9-inch) Basic White-Cake layer (see Index)**  
**½ cup toasted almonds**  
**1 cup cherry pie filling**

Whip egg whites until stiff. Gradually beat in cream of tartar, salt, and sugar until egg whites stand in peaks. Spread sides of cake with meringue. Cover with almonds. Spread cherry pie filling on top of cake to within 1 inch from edge of cake.

Fill pastry bag with meringue. Using large rosette tip, form double row of meringue rosettes around edge of cake.

Bake in preheated 425°F oven 4 minutes or until tips of meringue turn brown. Yield 12 servings.

## **quick apple cake**

**1¾ cups sifted cake flour**  
**1 teaspoon baking powder**  
**½ teaspoon soda**  
**½ teaspoon salt**  
**Sugar**  
**½ cup melted butter**  
**1 egg**  
**Buttermilk**  
**1 teaspoon vanilla extract**  
**2 tart apples, peeled, sliced thin**  
**1 teaspoon cinnamon**

Sift flour, baking powder, soda, salt, and 1 cup sugar into mixing bowl.



Pour  $\frac{1}{4}$  cup butter into 1-cup measuring cup. Add egg. Fill cup with buttermilk. Pour into flour mixture; beat vigorously 1 minute or until batter is smooth. Stir in vanilla.

Pour remaining butter into ovenproof skillet or baking dish. Pour batter into skillet. Arrange apples over top.

Combine cinnamon with 2 tablespoons sugar; sprinkle over apples.

Bake in a preheated 350°F oven 35 to 40 minutes.

Serve hot from skillet, or cool 5 minutes, then invert onto rack. Slide onto serving dish. Yield 8 to 10 servings.

## royal orange-crown cake

2 (8-inch) Basic White-Cake layers (see Index)

1 pint whipping cream

$\frac{1}{2}$  cup granulated sugar

1 teaspoon vanilla

1 cup mandarin orange sections, drained

Split cake layers in half with sharp knife or string.

Whip cream until fluffy. Gradually beat in sugar and vanilla until cream stands in soft peaks. Spread 1 cup whipped cream between 4 cake layers; stack one on top of other. Frost outside of cake with remaining whipped cream. Decorate cake with mandarin orange sections, as illustrated. Yield 8 servings.

## ruby ring-around cake

1 9-inch Basic White-Cake layer (see Index)

4 egg whites

1 teaspoon cream of tartar

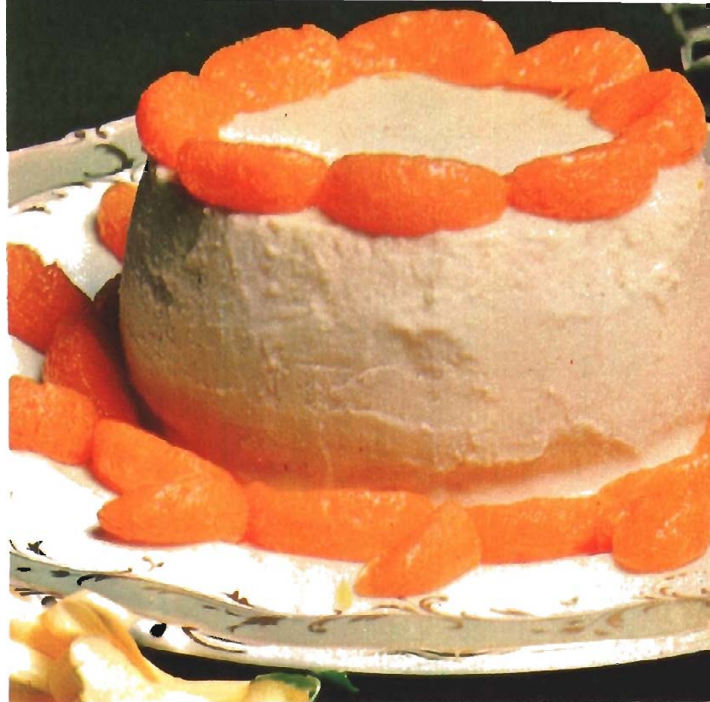
$\frac{1}{4}$  cup granulated sugar

1 cup fresh cranberries

Hollow 1-inch center from cake layer.

Beat egg whites until foamy. Gradually add cream of tartar and sugar; beat until meringue

*quick apple cake*



*royal orange-crown cake*

stands in stiff peaks. Reserve  $\frac{1}{4}$  cup meringue for rippled topping. Fill center of cake with meringue; sprinkle top with cranberries.

Fill pastry bag with remaining meringue. Using ripple-edge tip, form circular meringue ribbon, as illustrated.

Bake in 400°F oven 4 minutes or until meringue begins to turn light brown. Yield 12 servings.



*ruby ring-around cake*

## sour-cream cheesecake

1  $\frac{1}{2}$  cups shortbread cookie crumbs

$\frac{1}{2}$  cup unsalted butter, melted

1 (12-ounce) carton cottage cheese

1 tablespoon lemon juice

$\frac{1}{4}$  teaspoon grated lemon rind

1 egg, beaten

$\frac{1}{4}$  cup sifted confectioners' sugar





*sour-cream cheesecake*

**1/8 teaspoon vanilla extract**

**1 cup sour cream**

Line bottom of 10 × 4-inch loaf pan with removable sides with greased and floured aluminum foil.

Combine crumbs and butter; mix well. Press mixture firmly over bottom of prepared pan.

Drain cottage cheese well; place in blender or food-processor container. Blend until free of large lumps.

Combine cottage cheese, lemon juice, lemon rind, egg, sugar, and vanilla in mixing bowl; mix well. Fold in sour cream. Spoon mixture evenly over crumb mixture; smooth the top.

Can pipe with 1/4 recipe Basic Cream-Puff Pastry, (see Index) if desired.

Bake at 350°F about 50 minutes or until cheesecake tests done. Cool well. Refrigerate overnight.

You can add 1/4 cup chocolate chips or raisins to cheese mixture before baking, if desired. Yield about 8 servings.

## spaceship cake

**1/2 recipe Basic Chocolate Cake (see Index)**

**2 cups slivered almonds**

**5 tablespoons hot water**

**1/2 cup light corn syrup**

**1/4 cup butter or margarine, melted**

**2 cups chocolate chips**

**2 1/2 cups commercial hot-fudge sauce (can be used in place of last 4 ingredients above)**

Prepare cake batter as directed. Pour batter into long, shallow loaf pan. Bake at 350°F 20 minutes or until done. Cool slightly before removing from pan.

Place cake on cake rack, top-side-down. With sharp knife, cut off sharp corners of cake. Stick almonds into cake in staggered-row design, as illustrated. Cover to prevent drying.

Combine hot water, corn syrup, and butter in top of double boiler. Bring mixture to boil; boil until butter melts. Remove from heat; stir in chocolate chips. Beat until sauce is combined. (Or,

heat hot-fudge sauce over double boiler until it drips from spoon.) Cool sauce to warm; spoon slowly over cake with almonds. (This process must be done slowly to allow sauce time to adhere to nuts and cake.) Let sauce set before serving. Yield 10 servings.

## spanish sponge cake

**1 1/4 cups butter, softened**

**1 tablespoon grated lemon rind**

**1 cup sugar**

**3 eggs**

**1 1/2 cups sifted all-purpose flour**

**1/4 teaspoon salt**

**1/2 cup blanched sliced almonds**

**1/2 cup chopped candied cherries**

Combine butter and lemon rind in large bowl; beat with electric beater until light and fluffy. Gradually add 3/4 cup sugar; beat after each addi-



*spaceship cake*



tion until smooth. Add 1 egg, 1 tablespoon flour and salt; beat until smooth. Add remaining eggs alternately with flour; beat thoroughly after each addition. Spoon into well-greased and floured 9-inch-square cake pan; spread evenly.

Combine almonds and cherries; sprinkle over cake mixture. Sprinkle with the remaining sugar.

Bake in preheated 350°F oven 35 minutes or until golden brown. Yield about 9 servings.

## sponge cupcakes

**1 cup cake flour**

**1 cup self-rising flour**

**½ cup butter, softened**

**1 cup extra-fine sugar**

**2 eggs**

**½ cup raisins**

**1 tablespoon milk**

**1 teaspoon vanilla**

Combine flours.

Cream butter with sugar in large mixing bowl with electric mixer at medium speed. Add ½ cup flour mixture and 1 egg; beat well. Add ½ cup flour mixture and remaining egg; beat until well blended.

Dust raisins lightly with small amount of remaining flour.

Add remaining flour to mixing bowl gradually; beat after each addition until well blended. Add milk and vanilla; mix well. Stir in raisins. Spoon



*sponge cupcakes*

into paper-lined muffin cups; fill ½ full.

Bake in 375°F oven on middle shelf 18 to 20 minutes. To test for doneness insert toothpick in center of cupcake; when the toothpick comes out clean, cupcake is done.

Chopped candied cherries, grated coconut, currants, or chocolate chips can be substituted for raisins. Yield 18.

*spanish dessert sponge cake*





## CAKES

### steamed coconut cakes

- ½ cup sugar
- 3 eggs
- ¾ cup sifted all-purpose flour
- 2 pinches of salt
- ¼ teaspoon vanilla extract
- 2 tablespoons butter, softened
- 1 cup red currant jelly
- 1 cup freshly grated coconut

Combine sugar and eggs in medium-size mixing bowl. Place bowl in larger mixing bowl, filled ⅓ full with boiling water. Beat eggs and sugar with electric mixer at medium speed about 5 minutes or until thick and foamy. Remove bowl from water.

Combine flour and salt; fold into egg mixture, a very small amount at a time. (This must be done very slowly and carefully.) Fold in vanilla. Drop butter over top in small pieces; fold in carefully. (Butter should be very soft but not melted.) Spoon into 6 very heavily buttered individual molds or custard cups. Cover with buttered waxed paper and aluminum foil. Place on rack in steamer; add boiling water to just below rack. Cover; steam 30 minutes. Remove covers; unmold.

Melt the jelly in small saucepan. Place coconut in shallow bowl. Using small fork dip cakes in jelly to coat bottoms and sides. Roll in coconut. Place on rack to dry. Garnish as desired. Yield 6 servings.



*steamed coconut cakes*

### strawberry cream-puff dessert cake

- 1 recipe Basic Sweet Cream-Puff (see Index)
- 1 recipe Basic Chantilly Cream (see Index)
- 1 cup crushed strawberries
- 3 cups whole strawberries
- Confectioners' sugar

*strawberry cream-puff dessert cake*





Trace a ring on lightly greased and floured baking sheet. Spoon Cream-Puff Pastry in large dollops on tracing mark. Smooth top with small spatula; fill in between dollops.

Bake in preheated 450°F oven 8 minutes. Reduce oven temperature to 350°F; bake 30 to 40 minutes or until dry. Cool on wire rack; split in half crosswise.

Place bottom half of ring on serving dish; spread with about ½ of Chantilly cream. Cover with crushed strawberries. Place top half of ring over strawberries.

Spoon the remaining Chantilly Cream into pastry bag with large star tube affixed. Pipe around base; pipe dollops of cream over top. Arrange whole strawberries around base and inside edge. Dust with confectioners' sugar. Place remaining whole strawberries in center. Serve immediately. Yield 8 to 10 servings.

## strawberry layer cake

½ pint whipping cream

¼ cup sugar

1 tablespoon rum or Triple See

1 (9-inch) Basic White-Cake layer (see Index)

2 cups strawberry halves

Whip cream until stiff. Fold in sugar and rum. Spread generously over top and sides of cake layer; refrigerate.

Just prior to serving; arrange strawberries in circles over top of cake. Yield 8 servings.

## sugar-plum cake

2 (9-inch) Basic Yellow-Cake layers (see Index)

2 cups whipped cream

1 cup toasted almonds

Gum drops

Candied fruit

Frost cake layers with whipped cream; be sure sides and top are covered. Cover sides and top edge with toasted almonds.

Place small amount whipped cream in icing bag. Using rosette tip, pipe rosettes in circle on top of cake, as illustrated. Decorate each whipped-cream rosette with gum drop or with candied fruit. Refrigerate until ready to serve. Yield 12 servings.

## sweet cream-cheese dessert cake

1 recipe Easy Jam Sponge Cake (see Index)

2 egg yolks

½ cup confectioners' sugar

1½ teaspoons kirsch

4 (3-ounce) packages cream cheese, softened

Juice of 1 orange, strained

1 recipe Basic Chantilly Cream (see Index)

1 pint whole strawberries

Prepare cake as instructed. Let cool, but do not slice and fill.

Combine egg yolks and sugar in mixer bowl; beat with electric mixer until thick and creamy.

*sugar-plum cake*



## CAKES

Gradually pour in kirsch; beat well.

Cut cream cheese into small cubes. Add to egg-yolk mixture gradually; beat well after each addition. Beat 10 minutes or until smooth.

Line small mold with plastic wrap; let wrap extend over edge of mold. Spoon cream-cheese mixture into mold; place in freezer 2 hours.

Trim edge from cake to fit mold; place on edge from cake to fit mold; place on serving dish. Sprinkle cake with orange juice.

Lift cheese mixture in plastic wrap from bowl; invert onto cake. Remove plastic wrap carefully. Spread rim of the cake with Chantilly Cream, using pastry bag filled with star tube. Pipe little mounds of cream around base; top with strawberries.

Serve with strawberries and remaining Chantilly Cream. Yield 8 servings.

### sweetheart spice cake

#### Butter

1 cup sugar

3 eggs

$\frac{1}{2}$  cup light molasses

$2\frac{3}{4}$  cups sifted cake flour

1 teaspoon baking soda

1 teaspoon cinnamon

$\frac{3}{4}$  teaspoon salt

#### Milk

$1\frac{1}{2}$  tablespoons grated orange rind

$\frac{3}{4}$  cup cherry preserves

1 recipe Sweetheart Frosting

1 cup shredded coconut

#### Red food coloring

Cut 2 pieces waxed paper to fit bottoms of 2 heart-shaped cake pans that measure 9 inches at widest part and  $1\frac{1}{2}$  inches in depth. Grease bottoms of pans with butter; place waxed paper over butter. Grease waxed paper with butter; coat lightly with flour.

Place  $\frac{3}{4}$  cup butter in large mixer bowl; beat with electric mixer until light. Add sugar gradually; beat until smooth after each addition. Add eggs one at a time; beat well after each addition. Stir in molasses until well blended.

Sift flour with soda, cinnamon, and salt. Add to egg mixture alternately with 1 cup milk; beat well after each addition. Stir in orange rind. Pour batter into prepared pans.

Bake in preheated  $350^{\circ}\text{F}$  oven 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool in pans 5 minutes. Invert onto wire racks; remove waxed paper carefully. Cool completely.

Spread cherry preserves between layers; frost sides and top of cake with Sweetheart Frosting.

Place coconut in pint jar. Add  $\frac{1}{2}$  teaspoon of



*sweet cream-cheese dessert cake*

milk and enough food coloring for desired tint. Cover jar; shake vigorously until coconut is tinted. Decorate top edge and base of cake with coconut. Yield 12 to 15 servings.

#### sweetheart frosting

$1\frac{1}{2}$  cups sugar

$\frac{1}{2}$  cup water

3 egg whites

$\frac{1}{8}$  cream of tartar

1 teaspoon vanilla extract

*sweetheart spice cake*





Combine sugar and water in heavy saucepan; stir well. Bring to boil; cook, without stirring, to hard-ball stage (250°F on candy thermometer).

Place egg whites and cream of tartar in large mixer bowl; beat until stiff peaks form. Pour hot syrup into egg whites very gradually, beating constantly, then beat 7 minutes or until stiff peaks form. Beat in the vanilla.

## swiss carrot cake

2 cups sifted all-purpose flour  
2 teaspoons baking powder  
1½ teaspoons baking soda  
1 teaspoon salt  
2 teaspoons cinnamon  
1½ cups salad oil  
2 cups sugar  
4 eggs  
2 cups grated carrots  
1 small can crushed pineapple  
1½ cups chopped walnuts or pecans  
1 teaspoon vanilla extract

Sift flour, baking powder, soda, salt, and cinnamon together.

Combine oil and sugar in large mixing bowl; beat thoroughly with electric mixer. Add eggs one at a time; beat well after each addition. Sift flour mixture into egg mixture; beat thoroughly. Stir in

remaining ingredients. Spread batter evenly into well-greased and floured 9 × 13-inch pan or 2 loaf pans.

Bake in preheated 350°F oven 1 hour or until cake tests done. Let cool in pan 5 minutes; turn onto cake rack to finish cooling.

Dust with sifted confectioners' sugar to serve. Yield 12 to 15 servings.

## upside-down apple cake

4 or 5 tart cooking apples  
Lemon juice  
2 tablespoons butter  
1 cup packed light brown sugar, sifted  
1 egg  
1 cup sugar  
1 cup whipping cream  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
2 teaspoons baking powder  
Confectioners' sugar

Peel apples; remove cores. Slice apples paper-thin; sprinkle lightly with lemon juice to keep from discoloring.

Place butter in 9-inch-round shallow baking dish. Place in preheated 325°F oven until melted; remove from oven. (Do not turn off heat.) Sprinkle brown sugar over butter. Overlap apple

*swiss carrot cake*





## CAKES

slices in dish; work from center to outside, with only  $\frac{1}{4}$  inch between each overlap, until bottom is covered.

Place egg in medium-size mixing bowl; beat well with electric mixer. Add sugar gradually; beat until mixed.

Mix cream and vanilla.

Sift flour with baking powder. Add to egg mixture alternately with cream mixture; beat well after each addition. Pour over the apples.

Bake about 35 minutes or until cake tester inserted in center comes out clean. Let cool 10 minutes. Turn onto rack; cool.

Place on cake plate; cut into servings. Sprinkle each serving with confectioners' sugar. Yield 6 to 8 servings.

### vegetable-garden cake

3 eggs, beaten until fluffy

1 cup oil

2 cups granulated sugar

1½ cups tightly packed shredded zucchini

½ cup tightly packed shredded carrots

2 cups all-purpose flour

1 teaspoon salt

2 teaspoons baking soda

½ teaspoon baking powder

1 teaspoon vanilla

½ cup ground almonds

½ teaspoon cinnamon

#### *milk glaze*

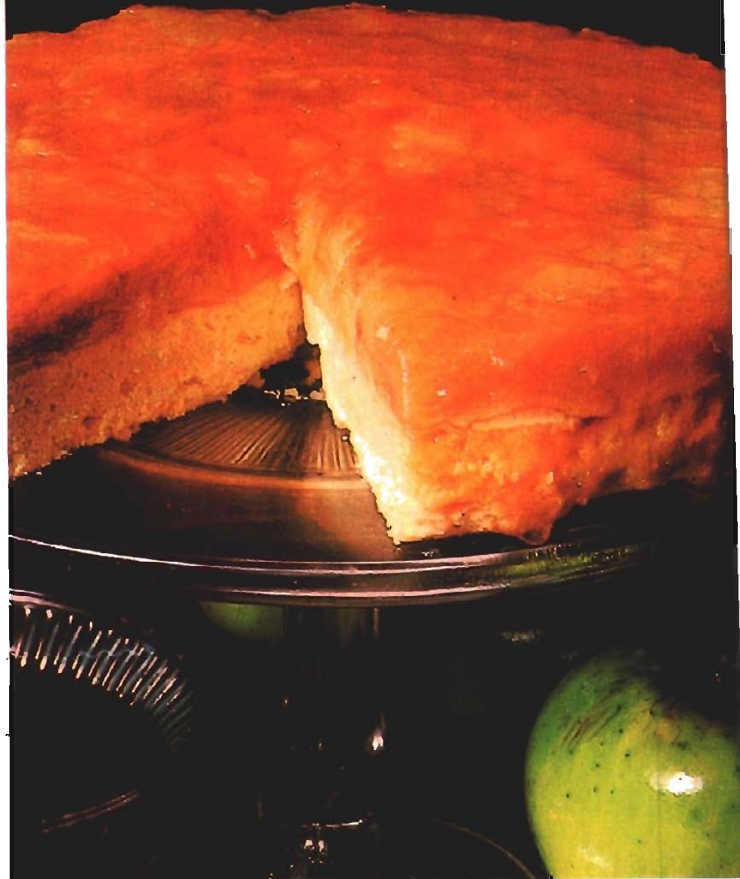
½ cup sifted confectioners' sugar

2 teaspoons hot milk

¼ teaspoon vanilla

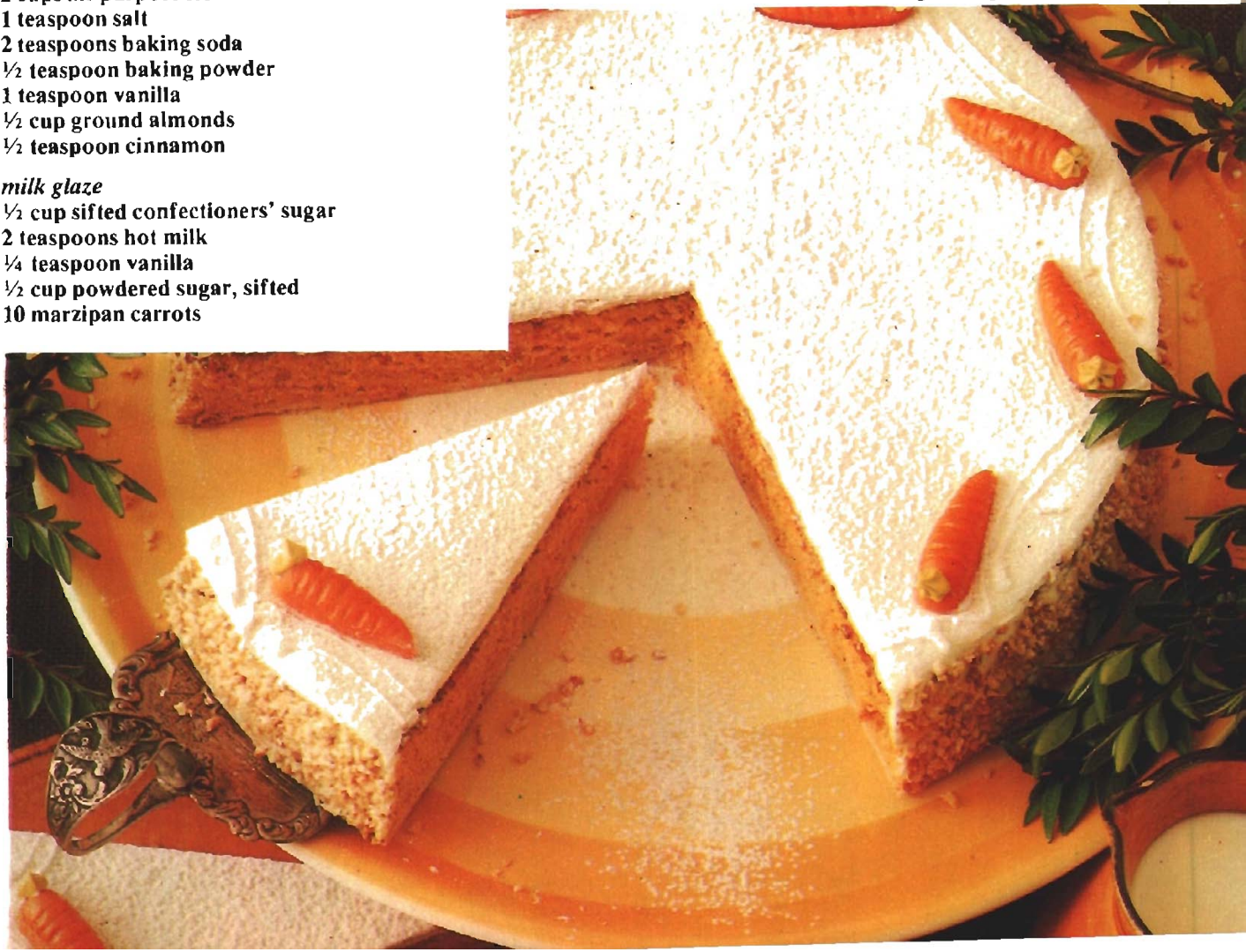
½ cup powdered sugar, sifted

10 marzipan carrots



*upside-down apple cake*

*vegetable-garden cake*







*viennese sachertorte*

Combine eggs, oil, and sugar; mix well. Stir in zucchini and carrots. Add remaining ingredients; stir until well moistened. Pour into 2 greased and floured 9-inch cake pans.

Bake at 350°F 25 to 30 minutes or until done. Cool slightly before removing from pans. Freeze 1 cake layer for use at another time.

Prepare milk glaze by mixing sugar, milk, and vanilla until smooth.

Cover top of cake generously with glaze. Place small amount of glaze on teaspoon; drizzle glaze in scalloped design around edges as illustrated. Dust top of cake with powdered sugar. Arrange marzipan carrots around outer edge of cake. Yield 10 servings.

## viennese sachertorte

**1 cup chocolate chips**

**8 egg yolks, slightly beaten**

**½ cup unsalted butter, melted**

**1 tablespoon vanilla extract**

**10 egg whites**

**¼ teaspoon salt**

**¾ cup sugar**

**1 cup sifted cake flour**

**1 recipe Apricot Glaze (see Index)**

**½ recipe Special Chocolate Icing (see Index)**

Butter and lightly flour bottoms of 2 (9-inch) sliding-based cake pans.

Melt the chocolate chips; cool slightly.

Combine egg yolks with chocolate chips in small mixer bowl; blend well. Add butter and vanilla; stir until smooth and thoroughly blended.

Beat egg whites and salt until frothy. Add sugar

1 tablespoon at a time; beat well after each addition. Beat until stiff peaks form. Fold ⅓ of egg whites into chocolate mixture thoroughly; fold chocolate mixture gently into egg whites. Fold flour gradually into chocolate mixture until smooth and just blended, using rubber spatula. Pour batter into prepared cake pans.

Bake in preheated 350°F oven 25 to 30 minutes or until layers test done. Remove from oven; cool on wire racks 1 minute. Remove layers from pans; let cool completely.

Spread Apricot Glaze between layers and over top of cake. Pour chocolate icing over all, smoothing with wet spatula. Chill cake 3 hours or until glaze is set.

Remove from refrigerator 30 minutes before serving.

Sachertorte can be piped with Basic Chantilly Cream (see Index). Each layer can be glazed, frosted, and served as shown in illustration, or individually, if desired. Yield 20 to 24 servings.

## violet garden cake

**1 recipe Sweetheart Spice Cake (see Index)**

**5 to 6 drops green food coloring**

**1 (9-ounce) container whipped topping**

**2 dozen crystallized violets**

Follow cake recipe. Bake half in greased and floured 8-inch layer cake tin and half in 1½-quart greased and floured ovenproof mixing bowl at 350°F 30 minutes or until done. Remove, unmold and cool. (Wrap layer cake in thick plastic wrap; freeze for future use.)

Fold food coloring into whipped topping until





*violet garden cake*

topping is evenly tinted. Fill pastry bag with whipped topping. Using rosette tip, cover cooled cake with whipped-topping rosettes, as illustrated. Arrange crystal violets randomly over frosted cake. Refrigerate at least 2 hours to set before serving. Yield 8 servings.

## walnut torte

$\frac{1}{2}$  pound shelled walnut meats  
9 eggs, separated  
1 cup sugar  
 $\frac{1}{2}$  cup zwieback crumbs  
1 tablespoon grated orange peel

*walnut torte*

$\frac{1}{2}$  teaspoon salt  
1 teaspoon ground cinnamon  
 $\frac{1}{2}$  teaspoon ground cloves  
2 teaspoons baking powder  
 $\frac{1}{4}$  cup brandy  
3 tablespoons water  
1 teaspoon vanilla extract

### Whipped cream

Whole hazelnuts or almonds, or walnut halves, for garnish

Grind walnuts through medium blade of food chopper. (You should have 3 cups.)

Beat egg yolks and sugar until thick and lemon-colored.

Mix ground nuts, zwieback crumbs, orange peel, salt, cinnamon, cloves, and baking powder. Stir into egg-yolk mixture. Add brandy and water.

Beat egg whites until stiff but not dry. Fold into nut mixture. Pour into greased 9-inch springform pan or 2 (9-inch) layer-cake pans.

Bake at 350°F 30 to 35 minutes or until cake tests done in center. (Bake 9-inch layers 20 to 25 minutes.) Cool in pan. When cold, remove from pan.

Garnish with vanilla-flavored whipped cream and whole hazelnuts. Yield 12 servings.





*warsaw party torte*

### warsaw party torte

**½ pound almonds, ground**  
**6 tablespoons all-purpose white flour**  
**1 teaspoon cream of tartar**  
**10 egg yolks**  
**1¾ cups granulated sugar**  
**3 teaspoon vanilla**  
**10 egg whites**  
**3 cups whipping cream**  
**1 cup slivered almonds, toasted**  
**12 fresh red raspberries**

Combine ground almonds, flour, and cream of tartar.

Beat egg yolks until light and fluffy. Gradually beat 1¼ cups sugar into yolks; beat until mixture is thick and smooth. Stir in 1 teaspoon vanilla. Fold in flour mixture.

Beat egg whites until very stiff. Fold into egg-

yolk mixture.

Line bottom of 10-inch tube pan with waxed paper. Pour batter into pan.

Bake in 375°F oven 1 hour or until done. Invert cake; cool thoroughly. Remove from pan.

Whip cream; add ½ cup granulated sugar and 2 teaspoons vanilla at end of whipping period.

Place cake, top-side-down, on serving platter; cover center hole with small plastic or cardboard disk. Frost cake with whipped cream. Using pastry tube, decorate edge with whipped-cream flowers. Press toasted almonds around sides of frosted cake. Garnish each whipped-cream flower with fresh raspberry. Refrigerate torte prior to serving. Yield 12 servings.

### wheat-germ carrot cake

**1½ cups cooking oil**  
**2 cups packed brown sugar**  
**4 eggs**  
**1 tablespoon grated orange peel**  
**1½ teaspoons pure vanilla extract**  
**3 cups grated carrot**  
**1½ cups vacuum-packed wheat germ, regular or sugar and honey**  
**2 cups flour**  
**3 teaspoons baking powder**  
**1½ teaspoons salt**  
**1½ teaspoons cinnamon**  
**¾ teaspoon nutmeg**  
**1 cup raisins**  
**¾ cup chopped pecans**

Beat together oil, sugar, and eggs. Mix in orange peel, vanilla, and carrot.

Combine wheat germ, flour, baking powder, salt, cinnamon, and nutmeg. Stir into carrot mixture. Mix in raisins and pecans. Turn into greased and floured 10-inch bundt pan.

Bake in 350°F oven 60 to 70 minutes or until pick inserted into center comes out clean. Cool in pan 10 minutes. Remove from pan to rack to finish cooling. Serve with cream cheese sauce. Yield 12 or more servings.

#### *cream-cheese sauce*

**2 (3-ounce) packages cream cheese**  
**2 tablespoons soft butter**  
**1 cup powdered sugar**  
**1 teaspoon vanilla**

Beat cream cheese with butter until creamy. Beat in sugar and vanilla. If necessary, stir in about 4 teaspoons milk to get a fluffy consistency.

# CAKE DECORATING

## chocolate curls

Pour softened chocolate chips as thinly as possible,  $\frac{1}{8}$  to  $\frac{1}{4}$  inch, onto very cold surface. Marble is best; if not available, ice down kitchen counter or table. Let chocolate harden about 2 hours or until it has lost its gloss. Hold knife at slight angle as shown in picture; pull it across chocolate surface, using pivot-like motion. Result will be beautiful chocolate curls that can be used to decorate cakes or other desserts.



## chocolate leaves

Wash rose leaves. Melt chocolate chips. Pull single leaf, upside down, over surface of melted chocolate.



Remove extra chocolate by tapping leaf against side of bowl. Place leaf, chocolate-side-up, on cookie sheet; place in refrigerator to harden.



When chocolate has chilled and hardened, peel off leaves. Chocolate leaves will be perfect, with veins from real leaf imprinted in chocolate.

## crystallized violets

In France candied violets are used for cake decorations or to enhance a frozen soufflé or a dish of candy. Although they lend a cosmopolitan touch to gourmet desserts, they are very costly to buy in this country; but, with a little patience, you can make your own. Make them in spring when violets grow wild; store enough to use through the entire year.

**36 violets**

**1 egg white**

**$\frac{1}{2}$  cup sugar**

**8 to 10 drops violet extract (optional)**

**Purple food coloring (optional)**

Buy or pick 3 dozen violets. If picking them, be sure they have not been sprayed with pesticide. Remove stems; leave just flower. Dry flowers very carefully with soft paper towel or tissue.

Beat egg white until foamy but not stiff. Dip each flower in egg white, then in sugar; coat thoroughly. Use toothpick to manipulate flowers; keep petals open. Place flowers on cookie tin. Turn on oven to lowest heat for 5 minutes. Turn heat off; place pan of violets in oven. Let dry overnight. Will keep forever stored in airtight container in cool place.

To color violets a deeper purple than they are naturally, add few drops of vegetable coloring to egg white before beating. For a violet flavor, add extract to egg white before beating. Violet extract is available in some drugstores and some gourmet food stores. It is not necessary. Yield 36.

### variations

Mint leaves or rose petals can be crystallized same as violets. It is not necessary to use added coloring or flavor for these leaves.



## basic divinity

½ cup water  
½ cup light corn syrup  
2 cups sugar  
¼ teaspoon salt  
2 egg whites  
1 teaspoon vanilla  
½ cup chopped nuts

Lightly oil inside of heavy 2-quart saucepan. Combine water and corn syrup in pan. Cook over moderate heat until mixture boils. Remove from heat. Add sugar and salt. Cook over moderate heat, stirring constantly, until sugar is completely dissolved. Cover; cook until mixture comes to boil. Uncover immediately. Clip on candy thermometer. Cook over medium heat, *without stirring*, until thermometer registers 260°F (hard-ball stage).

Begin beating egg whites while syrup is cooking—have syrup reach 260°F about same time egg whites are beaten very stiff. Start beating egg whites at about time syrup reaches soft-ball stage; it usually goes fairly rapidly after that point. Beat egg whites very stiff.

As soon as syrup has reached 260°F begin pouring it over egg whites *with mixer running*. This is why stationary electric mixer is so important in divinity-making. Recruit a helper at this point if there is no electric mixer. Pour syrup in slow but steady stream. Add vanilla at some point during mixing; beat until divinity is quite thick and loses glossy look. It will hold shape when dropped from tip of spoon when it is ready. Add nuts very quickly. Drop by spoonful onto well-oiled cookie tin. Work as rapidly as possible, so divinity does not cool down in bowl. Store in absolutely airtight container in cool place. The flavor of divinity, like most candy, improves after a day or two of ripening. Yield 36 to 50 pieces.

### fruit divinity

Follow directions for Basic Divinity. Add ½ cup raisins or ½ cup chopped candied fruit. For very festive look, use ½ cup chopped candied cherries.

### honey divinity

Omit corn syrup in Basic Divinity recipe; substitute ½ cup honey.

### maple divinity

Add ½ cup pure maple syrup to water and corn syrup in Basic Divinity recipe.

### orange divinity

Add 2 or 3 teaspoons grated orange rind to basic recipe. For very special orange divinity also

add ¼ cup chopped candied orange rind while beating.

### peppermint divinity

Omit nuts and vanilla from Basic Divinity; substitute 1 teaspoon peppermint flavoring. One-half cup crushed peppermint candy can be added to mixture while beating.

## basic marshmallows

2 envelopes unflavored gelatin (2 tablespoons)

½ cup cold water

2 cups sugar

¾ cup light corn syrup

¾ cup water

2 teaspoons vanilla

¼ cup confectioners' sugar mixed with ¼ cup cornstarch

Combine gelatin and ½ cup cold water in large electric-mixer bowl. Let mixture stand while preparing sugar syrup.

Lightly oil 2-quart saucepan. Combine sugar, corn syrup, and ¾ cup water in saucepan. Cook over medium heat, stirring constantly, until sugar dissolves. Cover; bring to boil. Remove cover as soon as mixture boils; cook, without stirring, to 245°F (firm-ball stage). Remove from heat. Attach electric beater; with mixer beating, pour hot syrup slowly into softened gelatin. Entire process should take about 15 minutes. Add vanilla at very end of beating process. At this point marshmallow mixture should be very light and fluffy.

Lightly oil 8 × 8 × 2-inch pan. Sprinkle half the confectioners' sugar-cornstarch mixture over bottom; pour marshmallow mixture over this. Chill overnight in refrigerator.

When ready to cut marshmallows, sprinkle rest of confectioners' sugar-cornstarch mixture over top of marshmallow. Lift entire piece out of pan onto cutting board. Use very sharp scissors, dipped into cold water periodically, to cut marshmallow into 1-inch pieces. Roll pieces in confectioners' sugar-cornstarch mixture; there will be enough left in bottom of pan for this step. Let marshmallows dry on cooling rack an hour or two. Store in airtight container. Will stay moist at least 3 weeks. Yield 64 (1-inch) or 128 (½-inch) marshmallows.

### chocolate marshmallows

Follow Basic Marshmallows recipe; add 2 squares unsweetened chocolate, melted and cooled, to marshmallow during beating step.

### fruit-and-nut marshmallows

Add 1 cup candied fruit, chopped nuts, dates,

## CANDY

figs, or raisins after marshmallow is beaten and before it is spread to cool.

### *fruity marshmallows*

Substitute fruit juice for water when softening gelatin.

**Important note:** Do not use fresh pineapple juice; it will prevent marshmallows from jelling. Canned pineapple juice can be used, or cook fresh juice before using.

### *minty marshmallows*

Omit vanilla; substitute few drops oil of peppermint or 1 teaspoon peppermint extract.

### *toasted-coconut marshmallows*

Instead of using confectioners' sugar and cornstarch to coat marshmallows, sprinkle pan with 1 cup lightly toasted coconut. After marshmallow mixture has cooled, sprinkle top with 1 cup lightly toasted coconut. After marshmallows are cut to desired size, roll each piece in coconut that has fallen off.

## basic vanilla caramels

Caramels are rich, chewy, and delicious. Many candy-makers have been discouraged from making them by the long and tedious process described in old cookbooks. Modern candy-makers use a simple shortcut. They add the butter and cream after the syrup has reached the firm-ball stage. Making caramels in stages in this manner cuts the cooking down to a reasonable time and also makes a better-tasting candy.

**2 cups sugar**

**1 cup corn syrup**

**2 cups heavy cream, lukewarm**

**½ cup butter**

**1 teaspoon vanilla**

Lightly oil inside of 3-quart saucepan. Combine sugar and corn syrup in pan; cook over low heat, stirring constantly, until sugar is completely dissolved and mixture comes to boil. Clip on candy thermometer; cook, stirring occasionally, until thermometer registers 250°F (firm-ball stage). Add warm cream very slowly so mixture never stops boiling. Cook until temperature again reaches 250°F. Add butter, bit by bit, so mixture never stops boiling. Stir a little to blend; let mixture cook to 250°F again. Remove from heat; add vanilla. Pour in steady stream into lightly oiled 9 × 9 × 2-inch pan. Do not scrape pan. Mark in 1-inch squares, but do not cut all the way through. After caramel has cooled completely, it can be turned out onto cutting board and cut into marked squares. Wrap individual pieces immediately in plastic wrap or waxed paper; store in airtight container. Yield 81 (1-inch) pieces.



*wrapped caramels*

### *butterscotch caramels*

Substitute 1 cup light brown sugar and 1 cup granulated sugar for 2 cups sugar in basic recipe.

### *caramel-nut-fudge roll*

Prepare 1 recipe Traditional Chocolate Fudge (see Index); shape into long roll about 1 to 1½ inches in diameter. Pour caramel into shallow pan. When cool enough to handle, turn out of pan onto cutting board. Cut strip large enough to wrap around fudge. Roll caramel in coarsely chopped nuts or chocolate sprinkles. Cut into slices when completely cool.

### *caramel-nut roll*

Use either vanilla or chocolate caramel. Allow to cool slightly. Shape into long roll about 1½ to 2 inches in diameter; roll in coarsely chopped nuts. When completely cool, cut into slices.

### *chocolate caramels*

Add 2 (2-ounce) squares bitter chocolate to sugar and corn syrup.

### *coffee caramels*

Add 1 teaspoon instant coffee crystals to sugar and corn syrup.

### *nut caramels*

Add 1 cup chopped nuts to syrup with the butter.

## brandy balls

**1 cup semisweet chocolate chips, 1 (6-ounce) package**

**1 5-ounce can evaporated milk**

**2½ cups cookie crumbs**

**½ cup confectioners' sugar, sifted**





brandy balls

**1 cup coarsely chopped pecans****⅓ cup brandy**

Combine chocolate chips and milk in 2-quart saucepan. Cook over low heat, stirring constantly, just until chocolate is melted and mixture well blended. Remove from heat.

Combine remaining ingredients; add to melted-chocolate mixture, mixing well. Cool about ½ hour. Shape mixture into small balls about 1 inch in diameter. Finished balls can be rolled in confectioners' sugar, cocoa, candy sprinkles, ground nuts, or flaked coconut. For very pretty tray of brandy balls, use variety of coatings. Let finished brandy balls air-dry an hour or two; store in airtight container in refrigerator. Bring to room temperature before serving. Yield 48 1-inch balls.

**raisin-rum balls**

Soak ½ cup seedless raisins in ⅓ cup rum; drain well. Use rum in place of brandy in recipe as directed. Form balls with several raisins in center. For shortcut, mix raisins into other ingredients.

## candied grapefruit or orange rind

Rind from 3 grapefruits or 6 oranges

Water

Salt

½ cup water

2½ cups sugar

Granulated sugar

Using fingers, pull out all membrane and some of soft white inner rind from fruit; leave some, however. This is a matter of experience and judgement, and it is impossible to tell exactly how much white inner rind to leave. Cut rind into even strips about ⅛ inch wide. About 6 or 7 cups of rind strips are needed. Place in large saucepan; add enough cold water to cover well. Measure water as it is added. Add 2 tablespoons salt per quart of water. Bring to boil; boil gently 20 minutes. Drain

rind well. Cover again with cold water—do not add salt—and bring to boil. Cook gently 15 minutes. Drain; repeat step again. Drain well. Add ½ cup water and 2½ cups sugar; heat slowly, stirring to dissolve sugar. Bring to boil; cook slowly until all syrup is absorbed and rind looks clear. This may take as long as an hour, but it really needs no attention while slowly cooking.

Spread large baking tin with sugar. When rind is done, roll few strips at a time in sugar.

Heat oven to 250°F; turn off heat. Place pan of sugared rind in oven; leave overnight to dry. Will keep indefinitely stored in airtight container in cool place. Yield about 1 pound.

*Note: This recipe can be doubled.*

**chocolate candied rind**

To dip candied rind in chocolate, roll finished candied rind in confectioners' instead of granulated sugar; omit oven drying. Cool strips to lukewarm; dip in 88°F melted chocolate coating.

## chocolate cherry cordials

**1 (12-ounce) package chocolate chips, melted**

**3 tablespoons kirsch**

**1½ tablespoons grenadine syrup**

**24 candied cherries**

Spoon small amount chocolate into each of 24 paper or foil candy cases; coat sides and bottoms well. Chill not more than 5 minutes to set chocolate.

Combine kirsch and grenadine syrup; chill well.

Place cherry in each case. Drizzle enough kirsch mixture over each cherry to cover halfway. Spoon melted chocolate over each cherry to fill case. Chill 5 minutes or until chocolate is set. Place in airtight container; let stand at least 24 hours before using.

Peel casings from candy. Eat carefully; syrup will drip. Yield 24.

## chocolate divinity

½ cup water

½ cup light corn syrup

1 cup firmly packed light brown sugar

1 cup granulated sugar

2 (1-ounce) squares unsweetened chocolate

⅓ teaspoon nutmeg

2 egg whites

1 teaspoon vanilla

½ cup semisweet-chocolate bits

Lightly oil inside of heavy 2-quart saucepan. Combine water and corn syrup in pan. Cook over moderate heat until mixture boils. Remove from heat. Add sugars, chocolate, and nutmeg. Cook over moderate heat, stirring constantly, until

## CANDY

sugars are completely dissolved and chocolate is melted. Wipe down sugar crystals above liquid line, using clean pastry brush dipped in cold water. Cook without stirring until mixture boils. Wipe down sugar crystals. Clip on candy thermometer. Cook over moderate heat to 260°F (hard-ball stage).

Begin beating egg whites before syrup is finished cooking, so egg whites will be beaten stiff and syrup will have reached 260°F about same time. Start when soft-ball stage is reached. Beat egg whites very stiff. Keep mixer going or enlist aid of another person. Pour chocolate syrup in steady stream over egg whites. Add vanilla while beating. When mixture is quite thick and has lost glossy look, stir in chocolate bits. Working rapidly, drop by spoonfuls onto well-greased cookie sheet. Store in absolutely airtight container in cool place. Leave for day or two so flavor can ripen. Yield 50 pieces.

### chocolate fondant

**3 cups sugar**

**1½ cups water**

**1 tablespoon light corn syrup**

**2 (1-ounce) squares unsweetened chocolate**

**1 teaspoon vanilla**

Lightly oil inside of 3-quart saucepan. Combine sugar, water, corn syrup, and chocolate in pan. Stirring constantly, cook over low heat until sugar and chocolate are completely melted. After mixture is thoroughly blended, wipe down sugar crystals above liquid line; use clean pastry brush dipped in cold water. Let mixture come to boil; do not cover. When mixture boils, wipe down sugar crystals again. Clip on candy thermometer. Boil without stirring to 238°F (soft-ball stage). Remove from heat. Pour in slow but steady stream onto either marble slab or wet large cookie sheet that has been placed on cooling rack. Placing baking sheet on rack will allow mixture to cool evenly, since air can circulate around it; will also protect surface under it from burning. Cool to 110°F (lukewarm). Add vanilla. Begin working fondant with heavy spatula. When fondant thickens; oil hands; knead gently until it forms a ball. Place fondant ball in airtight container; let mellow overnight before using. Yield 1¼ pounds.

#### *chocolate-brandy fondant*

Omit vanilla; add 1 teaspoon brandy extract.

#### *chocolate-cream fondant*

Follow above recipe; add 2 tablespoons margarine as fondant is worked.

#### *chocolate-rum fondant*

Omit vanilla; add 1 teaspoon rum extract.

#### *chocolate rum-raisin fondant*

Omit vanilla; add 1 teaspoon rum flavoring and ½ cup chopped raisins.

#### *mocha fondant*

Omit vanilla; add 1 teaspoon instant coffee concentrate to water.

## foolproof chocolate fudge

This recipe will work no matter what the weather.

**1⅓ cups sugar**

**⅔ cup evaporated milk**

**1 6-ounce package semisweet chocolate bits**

**1½ cups miniature marshmallows**

**Dash of salt**

**Dash of nutmeg**

**4 tablespoons butter or margarine**

Lightly oil inside of 1½- to 2-quart saucepan. Combine sugar and milk in saucepan; cook over medium heat, stirring constantly, until sugar is completely dissolved and mixture comes to boil. Boil, stirring constantly, 5 minutes. Remove from heat; add chocolate bits, marshmallows, salt, nutmeg, and butter. Stir until chocolate and marshmallows are melted. Beat until thick and not glossy. Spread in oiled 8 × 8 × 2-inch pan. When cool, cut into squares.

Can be cooled in refrigerator and should be stored in refrigerator in very hot weather. Bring to room temperature before serving. Yield 1¼ pounds.

#### *foolproof chocolate-coconut fudge*

After fudge has been cut into squares, roll each square in shredded coconut.

#### *foolproof chocolate-fruit fudge*

Mix 1 cup raisins, chopped candied fruit, dates, figs, or any kind of dried fruit into fudge before spreading mixture into pan.

#### *foolproof chocolate-marshmallow fudge*

Spread 1 cup miniature marshmallows on bottom of well-oiled pan before spreading fudge mixture in pan.

#### *foolproof chocolate-nut fudge*

Mix 1 cup nuts into fudge mixture before spreading.

## marshmallow crispies

**¼ cup butter or margarine**

**4 cups tightly packed marshmallows**

**6 cups crisp rice cereal**

Melt butter in 3-quart saucepan. Add marshmallows; cook over low heat, stirring constantly. When marshmallows are completely melted, add rice cereal; stir just until all blended. Immediately



press mixture into well-oiled, shallow pan about 12 × 9 inches. When cool, cut into 1-inch squares. Yield 96 (1-inch) squares.

#### *chocolate-chip marshmallow crispies*

Add 1 cup semisweet chocolate chips to rice cereal.

#### *nutty marshmallow crispies*

Add 1 cup chopped walnuts to rice cereal.

## mocha divinity

**½ cup strong black coffee or ½ cup water and 2 teaspoons instant coffee**

**½ cup light corn syrup**

**1 cup firmly packed light brown sugar**

**1 cup granulated sugar**

**¼ teaspoon salt**

**2 (1-ounce) squares unsweetened chocolate**

**2 egg whites**

**1 teaspoon vanilla**

**½ cup chopped nuts**

Lightly oil inside of heavy 2-quart saucepan. Combine coffee and corn syrup in pan. Cook over moderate heat until mixture boils. Remove from heat. Add sugars, salt, and chocolate. Cook over moderate heat, stirring constantly, until sugars are completely dissolved and chocolate is melted. Wipe down sugar crystals above liquid line; use clean pastry brush dipped in cold water. Cook without stirring until mixture boils. Wipe down sugar crystals again. Clip on candy thermometer. Cook over moderate heat, *without stirring*, until mixture reaches 260°F (hard-ball stage).

Begin beating egg whites before syrup is quite finished so egg whites will be beaten stiff and syrup will reach 260°F about same time.

When syrup reaches 260°F, pour over egg whites in steady stream with beater still running. If attempting this without electric mixer, try to have someone help at this stage; it is almost impossible to beat and pour at same time. Add vanilla while mixing; beat until mixture is quite thick and no longer glossy. Stir in nuts. Drop by spoonfuls onto well-oiled cookie sheet. Store in absolutely airtight container in cool place. Let stand day or two so flavor can ripen fully. Yield 50 pieces.

## nut balls

**¼ cup corn syrup**

**1 tablespoon vanilla**

**⅛ tablespoon salt**

**½ cup powdered milk**

**¼ cup chopped nuts**

Put syrup, vanilla, and salt into bowl; mix together. Add powdered milk and chopped nuts. Stir with knife until well blended. Pat into ball;

place on board sprinkled lightly with sugar. Knead until creamy. Let stand until firm enough to shape into 1-inch balls. Roll in sugar. Yield ½ pound.

## nut and raisin squares

**1 cup flour**

**¼ teaspoon baking soda**

**¼ teaspoon salt**

**½ teaspoon ground ginger**

**1 cup seeded raisins**

**1 cup chopped nuts**

**¼ cup shortening**

**¼ cup firmly packed brown sugar**

**2 eggs**

**¼ teaspoon vanilla extract**

**½ cup molasses**

Preheat oven to 350°F.

Grease shallow 9-inch-square pan.

Sift flour, soda, salt, and ginger together. Stir in raisins and nuts.

Cream shortening and sugar. Beat in eggs one at a time. Add vanilla and molasses. Add flour-and-nut mixture; blend well. Pour into prepared pan; bake about 30 minutes.

Mark into squares; let cool in pan before removing. Yield 25.

## peanut-butter chews

**1 cup peanut butter**

**1 cup light corn syrup**

**1 cup nonfat dry milk (not instant) or 2 cups instant nonfat dry milk**

**1 cup confectioners' sugar**

Mix all ingredients together. Press ½-inch thick in pan. Cut into pieces. Chill before serving. Yield 24 pieces.

## penuche

**2 cups firmly packed light brown sugar**

**¾ cup milk**

**1 tablespoon light corn syrup**

**Dash of salt**

**2 tablespoons butter**

**1 teaspoon vanilla**

**1 cup broken nut meats**

Lightly oil inside of 2-quart saucepan. Combine sugar, milk, corn syrup, and salt in pan. Cook over medium heat, stirring constantly, until sugar is completely dissolved and mixture comes to boil. Wash down sugar crystals above liquid line, using clean pastry brush dipped in cold water. Clip on candy thermometer; cook mixture to soft-ball stage (238°F). If syrup looks curdled, *do not worry*; it will become creamy as it is beaten. Remove from heat immediately. Add butter; *do not stir*. Cool to 110°F or until pan feels warm to

## CANDY

touch. Add vanilla; beat vigorously until mixture becomes thick and loses glossy look. Add nuts; spread in well-oiled 8 × 8 × 2-inch pan to cool. Cut into squares when cool. Yield 1 pound.

### peppermint cushions

**2 cups sugar**  
 **$\frac{3}{4}$  cup water**  
**2 tablespoons light corn syrup**  
**2 tablespoons butter or margarine**  
**Few drops oil of peppermint or 2 teaspoons peppermint extract**

Lightly oil inside of 2-quart saucepan. Combine sugar, water, and corn syrup in pan. Cook over medium heat, stirring constantly, until sugar dissolves completely and mixture comes to boil. Wipe down sugar crystals above liquid line, using clean pastry brush dipped in cold water. Clip on candy thermometer. Boil without stirring until thermometer registers 245°F (firm-ball stage). Add butter little at a time so mixture does not stop boiling. It may be necessary to stir to blend butter into syrup. Cook until thermometer registers 290°F (hard-crack stage). Remove from heat immediately. Pour at once onto well-oiled jelly-roll pan. Add flavoring; blend with heavy spatula. As soon as mixture is cool enough to handle, oil fingers. Pull mixture into long rope; keep pulling and reforming until mixture is opaque. Pull into long

*rum balls*

sausage shape about  $\frac{3}{4}$  inches in diameter. Cut with oiled scissors into pieces about 1 inch long, giving mixture half turn after each cut to form into cushion shape. Wrap each piece separately. Store in cool, not refrigerated, place. Yield 1 pound.

### rum balls

**1 cup cookie crumbs, chocolate or vanilla**  
**1 cup confectioners' sugar**  
 **$1\frac{1}{2}$  cups finely chopped walnuts**  
**2 tablespoons light corn syrup**  
**4 tablespoons rum**  
**2 tablespoons cocoa**

Combine cookie crumbs, sugar, 1 cup walnuts, corn syrup, rum, and cocoa; mix well. Form into 1-inch balls. Roll each ball in reserved walnuts. Air-dry about 1 hour. Store in airtight container in cool place. Will keep several weeks. Yield 36 1-inch balls.

#### *variations*

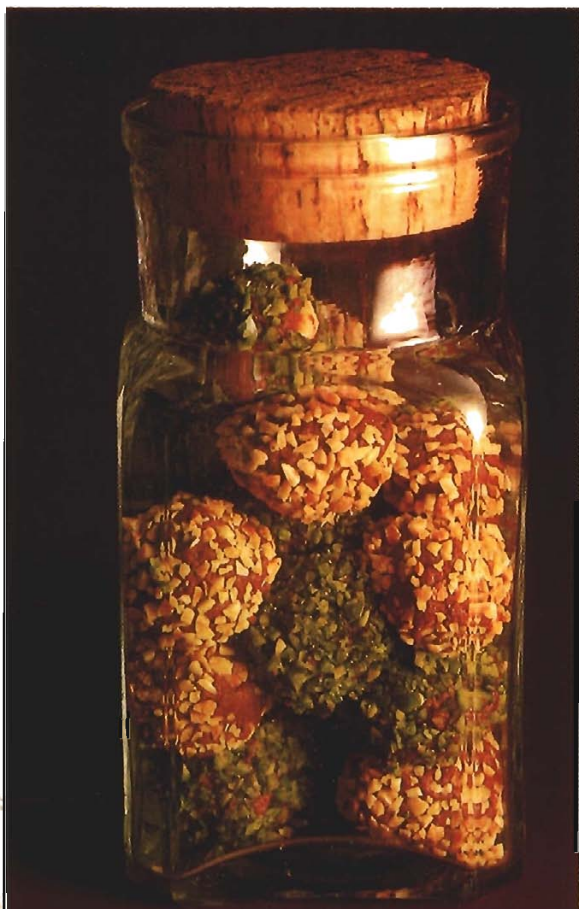
Garnish each finished ball with  $\frac{1}{2}$  candied cherry or  $\frac{1}{2}$  walnut pressed into top.

Reduce nuts to 1 cup. Roll finished balls in sugar or shredded coconut.

### saltwater taffy

**2 cups sugar**  
**1 cup light corn syrup**  
**1 cup water**  
 **$1\frac{1}{2}$  teaspoons salt**  
**2 teaspoons glycerine (can be purchased at drugstore)**  
**2 tablespoons butter or margarine**  
**2 teaspoons vanilla or flavoring of your choice**

Lightly oil inside of 2-quart saucepan. Combine sugar, corn syrup, water, salt, and glycerine in pan. Cook over low heat, stirring constantly, until sugar is completely dissolved and mixture comes to boil. Wipe down sugar crystals above liquid line, using clean pastry brush dipped in cold water. Clip on candy thermometer. Cook without stirring until thermometer registers 260°F (hard-ball stage). Remove from heat. Add butter. Pour hot syrup onto oiled jelly-roll tin. Put tin on cooling rack before pouring hot syrup from pan. This protects surface underneath from being damaged by extreme heat and also allows syrup to cool faster. Let taffy cool. Add vanilla. Begin working taffy with heavy spatula by pushing outer edges into center of taffy. When taffy is cool enough to handle, oil fingers well; start working by hand. Gather taffy into ball; stretch into rope. Pull taffy until light in color and texture. Work by first pulling it into long rope, then doubling and redoubling taffy, then pulling it into long rope





again. Two people can do this together. When pulled enough, form into long rope about  $\frac{3}{4}$  inch thick. Cut into 1-inch pieces, using well-oiled scissors. Wrap each piece separately. Store in cool place. Yield about  $1\frac{1}{4}$  pounds.

## traditional chocolate fudge

**2 (1-ounce) squares unsweetened chocolate**

**2 cups sugar**

**1 cup milk**

**1 tablespoon light corn syrup**

**Dash of salt**

**2 tablespoons butter or margarine**

**1 teaspoon vanilla**

**Dash of nutmeg (optional)**

Lightly oil inside of  $1\frac{1}{2}$ - to 2-quart saucepan. Combine chocolate, sugar, milk, corn syrup, and salt in saucepan. Cook over medium heat, stirring constantly, until sugar dissolves and mixture comes to boil. Wash down crystals on inside of pan above liquid line, using clean pastry brush dipped in water. If using candy thermometer, clip it onto pan; allow mixture to cook until thermometer registers  $238^{\circ}\text{F}$  (soft-ball stage). If not using candy thermometer, test for soft-ball stage (syrup forms soft ball in cold water). Do not stir while mixture is cooking; when it reaches proper temperature, remove from heat immediately. Add butter, *but do not stir*. Cool to  $110^{\circ}\text{F}$ . If not using thermometer, cool until bottom of pan feels lukewarm. Add vanilla and nutmeg. Start beating vigorously; beat until mixture loses its glossy look. Pour into well-oiled  $8 \times 8 \times 2$ -inch pan. Cut into squares when cool.

Store in airtight container in cool place. Let stand day or two to allow flavor to develop. Yield  $1\frac{1}{4}$  pounds.

### kneaded fudge

This fudge can be kneaded in an electric mixer. As it becomes very thick, change beater to a bread hook and knead fudge just like bread dough until it is very creamy and can be shaped by hand. Imagination can take over then. Make small fudge balls; roll in cocoa or chopped nuts. A nice change from traditional fudge squares is fudge roll: form long sausage-shaped roll; slice into rounds. Roll can be coated with chopped nuts or shredded coconut, then sliced.

### mocha fudge

Add 1 teaspoon instant coffee to mixture as it cooks.

### nut fudge

Mix 1 cup unsalted roasted nuts into fudge after it is beaten and before it is spread in pan to cool. If kneaded method is used, nuts can be kneaded into fudge.

## truffles

**3 (1-ounce) squares unsweetened chocolate**

**$\frac{1}{4}$  cups sifted confectioners' sugar**

**$\frac{1}{3}$  cup butter**

**3 egg yolks**

**1 teaspoon vanilla or 2 tablespoons cognac**

**Melted chocolate, cocoa, ground nuts, chocolate jimmies, or coconut**

Melt 3 chocolate squares over hot, not boiling, water.

Meanwhile combine sugar and butter in mixing bowl; cream together. Add egg yolks one at a time; blend well after each addition. Stir in 3 melted chocolate squares and flavoring. Chill mixture until firm enough to handle easily. Break off small pieces; form into  $\frac{1}{2}$ -inch balls. Roll in a favorite coating. (It is very nice to use several different coatings and arrange finished truffles in very pretty pattern on serving dish.) Allow finished balls to dry and firm on baking sheet about an hour before storing in airtight container in very cool place. These keep about a week. Yield 50  $\frac{1}{2}$ -inch balls.

## turtles

**1 pound cashew nuts**

**1 recipe Vanilla Caramels (see Index)**

**8 ounces semisweet chocolate, melted, or  $1\frac{1}{3}$  cups semisweet chocolate bits, melted**

Lightly oil large baking sheet or cookie tin.

Arrange 60 groups of cashew nuts, 4 to each group.

Allow caramel syrup to cool slightly in pan, but be sure it is still liquid. Spoon tablespoon of liquid caramel over cashew nuts. Let cool 10 to 15 minutes. Spoon melted chocolate over top of each caramel turtle. Allow to cool completely until quite firm. Yield 60 turtles.

*Hint: Lacking time to make vanilla caramels from scratch, buy 1-pound package of commercial caramels. Melt in top of double boiler with 2 tablespoons water; use in above recipe.*

## yogurt fudge

**2 cups firmly packed light brown sugar**

**1 cup unflavored yogurt**

**Dash of salt**

**2 tablespoons butter**

**1 cup firmly packed marshmallows, miniature or standard**

**1 teaspoon vanilla**

Lightly oil inside of  $1\frac{1}{2}$ - to 2-quart saucepan. Combine sugar, yogurt, and salt in pan. Cook over low heat, stirring constantly, until sugar is completely dissolved and mixture comes to boil.

## CANDY

Wipe down sugar crystals above liquid line, using clean pastry brush dipped in cold water. Cook until mixture reaches soft-ball stage (238°F). If syrup looks curdled, *do not worry*; it will become creamy as it is beaten. Remove from heat immediately. Add butter and marshmallows; *do not stir*. Allow mixture to cool to 110°F or until pan feels warm to touch. Add vanilla; beat vigorously until fudge is thick and has lost glossy look. Pour into 8 × 8 × 2-inch pan to cool. Cut into squares when cool. Yield 1 pound.

### *yogurt-nut fudge*

Add ½ cup chopped or broken nut meats to mixture before spreading in pan to cool.

## yogurt pralines

3 cups sugar

½ teaspoon baking soda

1 cup unflavored yogurt

2 tablespoons light corn syrup

2 tablespoons butter

1 teaspoon vanilla

2 cups pecans

Lightly oil inside of 4-quart saucepan. (This is going to foam!) Combine sugar, soda, yogurt, and corn syrup in pan. Cook over low heat, stirring constantly, until sugar is dissolved. Wipe off sugar crystals above liquid line, using clean pastry brush dipped in cold water. Allow mixture to come to boil. Clip on candy thermometer; cook until thermometer registers 234°F (soft-ball stage). Remove from heat. Stir in butter, vanilla, and pecans. Beat with wooden spoon just until mixture thickens and begins to look cloudy. Drop by spoonful onto well-oiled cookie tin. Let cool completely. Store in airtight container in cool place. Yield 12 to 15 pralines.

### *brown-sugar yogurt pralines*

Substitute 1½ cups light brown sugar and 1½ cups granulated sugar for 3 cups sugar.

### *rich yogurt pralines*

Substitute 1 cup commercial sour cream for yogurt.





# CASSEROLES

## MEAT

### beef burgundy

2 pounds beef chuck or round  
2 tablespoons flour  
Salt and pepper  
2 tablespoons oil  
1 cup chopped lean bacon  
15 to 18 small white onions  
5 or 6 small carrots  
1 clove garlic, crushed  
1 tablespoon tomato paste  
¾ cup red wine

*beef burgundy*



1 cup beef broth or bouillon

1 cup sliced mushrooms

Preheat oven to 250°F.

Cut meat into 2-inch cubes; dredge with flour mixed with salt and pepper.

Heat oil in skillet. Sauté meat until well browned; remove to casserole.

Sauté bacon in skillet a few minutes. Add onions, carrots, and garlic; cook until onions begin to brown. Put bacon and vegetables into casserole with meat.

Stir remaining flour into fat left in skillet; cook until it begins to brown. Add tomato paste, wine, and broth; stir until boiling. Taste for seasoning; pour over meat and vegetables. Cover tightly; cook about 3 hours. Add mushrooms; cook 15 to 20 minutes.

Serve with lima beans, green peas, or other green vegetables; a tossed salad; and garlic bread. Yield 5 or 6 servings.

### beef casserole with beer (carbonnade de boeuf flamande)

4 cups Basic Beef Stock (see index) or 1 can beef bouillon

5 pounds lean stew beef

1½ cups Basic Seasoned Flour (see Index)

2 tablespoons butter or margarine

2 tablespoons peanut or corn oil

1½ cups minced onions

24 small whole onions or shallots, peeled

Salt and freshly ground pepper to taste

4 cups strong beer or ale

Pour stock into saucepan; boil until reduced to ¾ cup liquid (or heat canned bouillon.) Cut beef into large chunks.

Place flour in plastic bag. Add beef; shake until coated. Remove beef; reserve remaining flour.

Heat butter and oil in heavy skillet. Add beef; cook until brown, stirring with wooden spoon. Remove beef from skillet; set aside.

Coat minced onions with reserved flour. Brown in skillet; add shortening, if needed. Arrange half of minced onions in casserole; cover with half of beef. Cover beef layer with remaining minced onions; top with remaining beef. Add whole onions. Season with salt and pepper. Pour stock and beer over beef mixture.

Bake, covered, in preheated 350°F oven, 1 rack below center, 2 hours or until beef is tender.

Place in serving dish; garnish with fresh parsley, if desired. Yield about 12 servings.



*beef casserole with beer*

## beef with dumplings

2 tablespoons flour  
 1½ teaspoons salt  
 ¼ teaspoon pepper  
 2 pounds lean beef chuck  
 3 tablespoons oil  
 3 medium onions, peeled  
 3 cloves  
 4 carrots, peeled, cut into lengthwise strips  
 1½ cups beef consommé  
 1 tablespoon red or white wine vinegar  
 1 package biscuit mix  
 3 tablespoons chopped chives

Preheat oven to 350°F.

Sift flour with salt and pepper.

Cut meat into 1-inch cubes; dredge well with flour.

Heat oil in casserole. Add meat and onions (each stuck with a clove); stir until meat is well browned. Add carrots, consommé, and vinegar; bring to boil. Cover; remove to oven. Cook about 1 hour.

Make dumplings according to instructions on package. Drop into casserole in spoonfuls; replace

lid. Cook 30 minutes. Sprinkle with chives before serving. Yield 4 or 5 servings.

## beef-and-rice casserole

½ pound bacon slices  
 2 pounds boneless beef chuck  
 2 onions, peeled, sliced  
 ¾ cup uncooked rice  
 1 cup dry red wine  
 1½ cups beef consommé  
 1 clove garlic, crushed  
 1 sprig fresh or ½ teaspoon dried thyme  
 1 teaspoon chopped parsley  
 ¼ teaspoon saffron  
 1 cup chopped fresh tomatoes  
 ½ cup grated Parmesan cheese

Preheat oven to 325°F.

Cut bacon into strips; fry in skillet until crisp. Remove to large casserole.

Cut meat into cubes; brown in bacon fat. Transfer to casserole, using slotted spoon.

Add onions and rice to remaining fat. Stir until rice begins to color; set aside.



Put wine, consommé, garlic, thyme, parsley, and saffron into casserole. Cover; cook 1 hour.

Remove casserole from oven. Skim off excess fat; stir in rice-and-onion mixture and tomatoes; cover. Return to oven another hour; check occasionally to see if extra liquid is required. Before serving, adjust seasoning and stir in cheese. Yield 4 or 5 servings.

## bittersweet lamb casserole

2 to 2½ pounds loin or shoulder lamb chops

2 tablespoons oil

3 tablespoons vinegar

1 can (6 to 8 ounces) orange juice

*casserole of beef with walnuts*

2 teaspoons Worcestershire sauce

½ teaspoon salt

⅛ teaspoon freshly ground pepper

Pinch of dry mustard

Pinch of paprika

½ teaspoon each celery seed, basil, oregano

3 or 4 cloves

2 teaspoons sugar

Cooked rice or noodles

Preheat oven to 350°F.

Brown chops in hot oil. Put into casserole with 1 cup water and vinegar. Cover; cook 1 hour.

Put orange juice, Worcestershire sauce, seasonings and flavorings into small pan; simmer, uncovered, 10 minutes.

When meat has cooked 1 hour, stir in orange-juice mixture; cook another hour. Serve with rice or noodles. Yield 4 to 6 servings.

## calico casserole

1 pound ground beef

1 cup chopped onions

1 cup chopped celery

1 (10-ounce) package frozen mixed vegetables

2 (8-ounce) cans tomato sauce

½ cup water

1 teaspoon Worcestershire sauce

½ teaspoon salt

⅛ teaspoon pepper

2 cups cooked macaroni

Brown beef. Add onions, celery, and mixed vegetables; cook until onion is well done. Drain accumulated fat. Add tomato sauce, water, and seasonings; cook until vegetables are tender but crisp.

Place hot cooked macaroni in casserole; pour beef-vegetable mixture over it.

Beef-vegetable mixture can be served separately with cooked macaroni. Yield 6 to 8 servings.

## casserole of beef with walnuts

2 tablespoons drippings

1½ to 2 pounds beef chuck

12 small white onions, peeled

1 tablespoon flour

¼ cup red wine

Bouquet Garni (see Index)

1 clove garlic

1½ to 2 cups beef bouillon

1 small bunch celery

1 tablespoon butter or margarine

¼ cup walnut meats

Rind of ½ orange, shredded, blanched

Preheat oven to 325°F.

Heat drippings in sauté pan; brown meat. Remove to casserole.



## CASSEROLES • MEAT

Sauté onions in remaining fat until they just begin to color; put with meat.

Pour off excess fat, leaving about 1 tablespoon. Stir in flour. Add wine, bouquet garni, garlic (crushed with a little salt) and 1½ cups bouillon. Stir until boiling; pour over contents of casserole. Add extra bouillon, if necessary, just to cover meat. Add a little seasoning. Cover tightly; cook about 2 hours.

Trim celery; cut into crosswise strips.

Heat butter. Add celery, walnut meats, and pinch of salt. Toss over heat a few minutes.

When ready to serve, scatter celery, walnut meats, and orange rind over meat. Yield 4 to 5 servings.

### curried-lamb casserole

½ cup prunes  
½ cup dried apricots  
4 thick lamb chops  
1 tablespoon oil  
¼ cup sultana raisins  
1 lemon, thinly sliced  
1 cup rice  
2 teaspoons curry powder  
Salt and pepper

Preheat oven to 350°F.

Soak prunes and apricots in cold water at least 3 hours; drain.

Trim chops; sauté in hot oil a few minutes.

Put layer of fruit in deep, buttered casserole with tight-fitting lid. Sprinkle with raisins. Add 1 or 2 slices lemon and some of rice. Sprinkle with curry powder, salt, and pepper. Continue in alternate layers until all ingredients are used. Place chops on top; pour in 3 cups water. Cover tightly; cook 1 to 1¼ hours, until most liquid has been absorbed. Adjust seasoning. Serve with tossed green salad. Yield 4 servings.

### dublin coddle

1 pound large pork-sausage links  
4 to 6 thick slices bacon (approximately ½ pound), cut into 2-inch pieces  
¾ pound onions (3 medium)  
1½ pounds potatoes (4 medium)  
Black pepper  
Finely chopped parsley

Prick sausages in several places. Place sausage and bacon in skillet. Barely cover with water (about 3 cups); bring to boil. Cover; simmer 10 minutes. Drain; reserve liquid.

Peel and slice onions.

Peel and thinly slice potatoes.

Layer sausage, bacon, onions, and potatoes in 2½-quart casserole. Lightly pepper layers. Pour broth from sausages into casserole barely to cover

meat and vegetables (about 2½ cups). Cover casserole with waxed paper.

Bake at 350°F 1 hour or until potatoes are tender. Sprinkle with parsley. Yield 4 to 5 servings.

### enchilada casserole

3 tablespoons cooking oil  
8 corn tortillas  
1 pound ground beef  
1 small onion, chopped (¼ cup)  
1 (16-ounce) can refried beans  
¼ cup hot taco sauce  
½ teaspoon salt  
Dash of garlic powder  
⅓ cup sliced pitted ripe olives  
1 (10-ounce) can enchilada sauce  
1½ cups shredded cheddar cheese (6 ounces)

Heat oil in medium skillet. Dip tortillas in hot oil on both sides to soften; set aside.

Cook ground beef and onion in same skillet until meat is browned. Remove from heat; drain off fat. Stir beans, taco sauce, salt, garlic powder, and olives into beef mixture. Fill tortillas with mixture; roll up.

Place enchilada sauce into 2-quart glass baking dish (12 × 8 × 2 inches). Roll filled tortillas in sauce to moisten all surfaces. Place seam-side-down in sauce. Cover with aluminum foil.

Bake in 350°F oven 30 minutes or until hot. Sprinkle with cheese; bake, uncovered, 2 or 3 minutes or until cheese is melted. Yield 4 servings.

### fiesta casserole

¾ cup hominy grits  
1 cup milk  
½ pound ground beef  
½ pound bulk pork sausage  
1 onion, chopped  
1 green pepper, chopped  
1 (4½-ounce) can chopped ripe olives  
1 (17-ounce) can cream-style corn  
1 (8-ounce) can tomato sauce  
1 (2-ounce) can mushroom stems and pieces  
1 teaspoon salt  
1 tablespoon chili powder  
Pepper

Combine grits and milk in large bowl; let stand 1 hour or longer.

Cook beef, sausage, onion, and green pepper in skillet until meat is browned and onion and green pepper are tender. Add to grits mixture. Add olives, corn, tomato sauce, mushrooms, salt, chili powder, and pepper to taste; mix well. Turn into greased 12 × 7-inch baking dish.

Bake, uncovered, at 325°F 45 minutes to 1 hour. Yield 6 servings.



## **french white-bean casserole**

**1 (1-pound) package dried white beans**  
**2 teaspoons salt**  
**½ cup diced salt pork**  
**1½ cups diced cooked ham**  
**2 cups chopped onions**  
**1½ cups diced carrots**  
**2 cups diced skinned tomatoes**  
**3 small cloves garlic, pressed**  
**2 bay leaves**  
**2 tablespoons chopped parsley**

*french white-bean casserole*

**½ teaspoon oregano**  
**1 freshly ground pepper**  
**4 cups Basic Chicken Stock (see Index) or 3 (10½ ounce) cans chicken broth**  
**½ pound hard salami, slivered**  
**2 cups diced cooked dark chicken meat**  
**2 cups fine soft bread crumbs**

Rinse beans thoroughly in cold, running water. Place beans in large saucepan; add enough water to cover. Bring to boil; boil 2 minutes. Remove from heat; let stand 1 hour. Bring to boil again; stir in salt. Reduce heat; simmer 1½ hours or until almost tender.

Fry pork over low heat until golden. Stir in ham, onions, carrots, and tomatoes. Add garlic, bay leaves, parsley, oregano, and pepper; blend thoroughly. Stir in stock; bring to boil. Reduce heat to low; simmer 30 minutes.

Drain beans; place in 4-quart casserole. Add salami and chicken. Pour sauce over all; stir to blend thoroughly.

Bake, covered, in preheated 350°F oven 30 minutes; stir at 10-minute intervals. Sprinkle bread crumbs evenly over top; pat gently. Reduce oven temperature to 300°F. Bake 30 minutes or until crumbs are browned. Yield 8 to 10 servings.





### ginger beef

- 1 cup onions, minced
- 2 cloves garlic, pressed
- 2 teaspoons turmeric
- 2 teaspoons ginger
- 1 teaspoon chili powder
- 1 teaspoon salt
- 3 pounds lean beef, cut into cubes
- ½ cup peanut oil
- 8 fresh tomatoes, peeled, cut into large pieces
- 4 cups beef bouillon

Boiled rice

Strips of red sweet pepper for garnish

Combine onions, garlic, turmeric, ginger, chili powder, and salt in bowl; mix well.

Place beef in shallow dish. Sprinkle with onion-garlic mixture; refrigerate 3 hours, stirring occasionally. Heat oil in large skillet; stir-fry beef until browned on all sides. Place beef in casserole; add skillet drippings, tomatoes, and bouillon.

Bake, covered, in 325°F oven about 2 hours, until beef is tender.

Serve with boiled rice; garnish with strips of red sweet pepper. Yield 6 to 8 servings.

### greek lamb-and-pilaf casserole

- 2 lamb shanks, well-trimmed of fat, each cut in half

- 2 tablespoons vegetable oil

- 1 medium onion, chopped

- 2½ cups water

- 1 (6-ounce) can tomato paste

- 2 teaspoons whole allspice

- ½ stick cinnamon

- ½ teaspoon black peppercorns

- 1 teaspoon salt

- 2 tablespoons butter

- 1 cup uncooked long-grain white rice

- 1 cup plain yogurt, lightly salted

Brown lamb on all sides in hot oil in large skillet. Add onion, water, tomato paste, spices, and salt. Cover; simmer about 1½ hours.

Melt butter in another skillet. Brown rice, stirring constantly, over moderate heat; set aside.

Measure lamb cooking broth; add enough water to make 2½ cups. Return to lamb after removing and discarding whole spices. Add browned rice;

*ginger beef*







*ham-and-apricot casserole*

cover. Cook 30 minutes over low heat, until rice is tender.

Serve on large platter. Pass rice separately. Yogurt should be served in small bowl as an accompaniment and can be spooned over lamb and rice, if desired. Yield 4 servings.

## ham-and-apricot casserole

**1 slice (about 1½ pound) center ham, cut 1 inch thick**

**Prepared mustard**

**Pepper**

**1 cup dried apricots, soaked overnight**

**3 tablespoons seedless raisins**

**3 to 4 tablespoons gravy or water**

**6 medium potatoes, peeled, sliced**

**Salt**

**1 tablespoon butter or margarine**

Preheat oven to 375°F.

Heat sauté pan. Put in ham; brown lightly on both sides. Put into deep baking dish. Spread very lightly with mustard; sprinkle with pepper. Arrange apricots and raisins on top. Add gravy; cover with potato slices. Sprinkle very sparingly with salt; dot with butter. Cover with waxed paper.

Bake ¾ hour. Remove paper; bake 15 to 20 minutes. Yield 4 servings.

## hungarian lamb casserole

**2 pounds stewing lamb**

**3 tablespoons oil**

**1 large onion, peeled, sliced**

**1 sweet red pepper, seeded, sliced**

**3 tablespoons flour**

**1 tablespoon paprika**

**1 chicken bouillon cube, crumbled**

**Salt**

**⅓ cup lima or navy beans, soaked overnight**

**3 or 4 potatoes, peeled, sliced**

Preheat oven to 350°F.

Trim meat; cut into small pieces.

Heat oil in sauté pan. Add meat, onion, and pepper; sauté a few minutes. Remove to casserole.

Add flour, paprika, bouillon cube, and a little salt to pan drippings; mix well. Add 2 cups water; stir until boiling. Add drained beans; simmer 5 minutes. Pour all into casserole. Cover; cook 2 hours.

Arrange potatoes in overlapping slices on top of casserole; cook 25 to 30 minutes or until potatoes are tender. Yield 4 to 5 servings.

## hungarian veal goulash

**1½ tablespoons butter**

**1 pound onions, sliced fine**

**1 clove garlic, crushed**

**1¼ tablespoons paprika**

**1½ tablespoons tomato puree**

**1 teaspoon chopped thyme**

**1 teaspoon chopped marjoram**

**1 bay leaf**

**1½ pounds tender boneless leg or shoulder of veal**

**1 red pepper, seeded, diced**

**1½ cups chicken or veal stock**

**Salt and pepper**



*hungarian lamb casserole*

- 1 cup sour cream**
- 1 tablespoon chopped parsley**

Preheat oven to 325°F.

Heat half of butter; cook onion and garlic in covered pan until soft and transparent but not brown. Make puree by using blender or food processor or putting through fine sieve. Put into bottom of casserole. Mix in paprika, tomato puree, and herbs.

Cut veal into 2-inch squares; cook quickly in remaining butter without allowing it to color too deeply. Put on top of onion puree; add red pepper. Add enough stock to cover meat; add salt and pepper. Cook in covered casserole in oven (or simmer on gentle heat) about 1 hour, until meat is tender.

Just before serving, spoon sour cream over; sprinkle with chopped parsley. Serve with noodles, macaroni, or riced potatoes. Yield 4 servings.

## italian macaroni and cheese

- ½ pound ground beef**
- 1 (16-ounce) can tomatoes**
- ⅓ cup tomato paste**
- 1 tablespoon instant minced onion**
- 1 teaspoon sugar**
- ½ teaspoon garlic salt**
- ½ teaspoon ground oregano**
- Dash of pepper**
- 2 cups cooked shell macaroni (about 1⅓ cups uncooked)**
- 1 cup creamed cottage cheese**

- 1 cup shredded sharp cheddar cheese**
- 2 tablespoons grated Parmesan cheese**

Cook meat in heavy frypan until it loses its red color but is not brown; drain. Add tomatoes, tomato paste, onion, and seasonings. Simmer slowly 30 minutes; stir as needed.

Preheat oven to 325°F.

Combine macaroni and cottage cheese.

Pour a little sauce in bottom of 2½-quart casserole. Top with half macaroni mixture, half shredded cheese, and half remaining sauce. Repeat. Sprinkle Parmesan over top.

Bake 40 minutes or until heated through. Yield 6 servings.

## jambalaya

- 6 tablespoons butter**
- 6 ounces boneless chicken, diced**
- 6 ounces boiled ham, diced**
- 6 ounces pork sausage (smoked sausage or Polish sausage)**
- 3 cups coarsely diced onions**
- 1½ cups coarsely diced green peppers**
- 2 cups coarsely diced celery**
- 8 tomatoes, peeled**
- 1½ cups tomato puree**
- 4 bay leaves**
- 1 tablespoon crushed oregano**
- ½ teaspoon cayenne**
- ½ teaspoon thyme**
- 3 cloves garlic, minced**
- 2 cups seafood stock or water**
- 2½ cups raw converted rice, cooked**



**36 medium shrimp, peeled, deveined**

**36 medium oysters**

**Salt and pepper**

Melt butter in 4-quart pot over medium heat; cook chicken until pink color is gone. Add ham and sausage; sauté 10 minutes. Stir in onions, green peppers, and celery; sauté until tender but crisp. Add tomatoes, tomato puree, bay leaves, oregano, cayenne, thyme, and garlic; simmer 10 minutes. Add stock; bring to boil. Add rice; stir once. Simmer 6 to 8 minutes. Add shrimp and oysters. Cover; simmer about 10 minutes, until heated through. Season to taste with salt and pepper.

Serve as is, or pack in individual round molds. Unmold; surround with Shrimp Creole (see Index). Yield 6 to 8 servings.

## **lamb hot pot**

**2½ to 3 pounds neck of lamb**

**2 onions, peeled, and sliced thin**

**1½ pounds potatoes, peeled, sliced**

**1 pound parsnips, peeled, sliced**

**Salt and pepper**

**3 tablespoons chopped parsley**

**Pinch of mixed herbs**

**2 tablespoons Worcestershire sauce**

**2 tablespoons water**

Preheat oven to 300°F.

Cut meat into pieces.

Arrange one-third of onions, potatoes, and parsnips in casserole. Add seasoning and a little

*lamb hot pot*

parsley. Add half the meat, a little more seasoning, and herbs. Repeat layers; finish with vegetables. Pour over Worcestershire sauce mixed with water. Cover; cook about 1½ hours. Remove cover; cook 30 minutes. Sprinkle with remaining parsley before serving. Yield 4 servings.

## **lamb-and-pear casserole**

**2 pounds stewing lamb**

**2 teaspoons ground ginger**

**6 medium-size cooking pears, peeled, quartered, cored**

**1 package frozen string beans**

**Salt and pepper**

**White wine**

Trim excess fat from meat; cut into pieces. Put meat into lightly greased sauté pan; brown in its own fat. Transfer to casserole with tight fitting lid. Sprinkle ginger over meat. Add pears, beans, and a little salt and pepper. Add 2 tablespoons white wine. Juice from pears should provide sufficient liquid, but if it begins to dry, add a little more white wine. Cover tightly; cook 1¼ hours. Yield 4 servings.

## **make-ahead main dish**

**8-ounce package ruffled egg noodles**

**1 cup commercial sour cream**

**3-ounce package cream cheese, soft**

**6 medium scallions, finely chopped**

**1 clove garlic, minced**





*lamb-and-pear casserole*

**1 pound ground chuck beef**  
**15-ounce can tomato sauce with tomato pieces**  
**1 teaspoon salt**  
**Pepper to taste**  
**1 cup grated cheddar cheese**

Cook noodles according to package directions for use in dish requiring further cooking. Drain; rinse with hot water. Drain again; set aside.

Gradually beat sour cream into cream cheese. Stir in scallions and garlic; set aside.

Cook beef in 10-inch hot skillet, crumbling with fork, until loses its red color. Stir in the tomato sauce, salt, and pepper; set aside.

In oblong 2-quart baking dish (11¼ × 7½ × 1¾ inches) or similar utensil, layer ½ the noodles, ½ the sour-cream mixture and ½ the beef mixture. Repeat layers in same order. Sprinkle with cheddar cheese. Cover tightly with plastic wrap; refrigerate overnight.

Bake in preheated 350°F oven until thoroughly hot, about 30 minutes. Let stand at room temperature about 10 minutes before serving. Yield 6 servings.

## **marengo casserole**

**1 (3-pound) venison roast**  
**2 recipes Marinade for Game (see Index)**  
**½ pound sliced salt pork**  
**1 pound small onions**  
**1 pound small fresh mushrooms**  
**Butter**  
**1 can beef consommé**  
**1 (8-ounce) can tomato sauce**  
**¼ cup all-purpose flour**  
**Salt and freshly ground pepper to taste**

**1 tablespoon dry sherry**

**1 tablespoon brandy**

Place venison in shallow pan; pour marinade over venison. Refrigerate 12 to 24 hours; turn occasionally. Drain off marinade. Strain; reserve. Wipe venison dry; place on rack in roasting pan.

Wash salt pork; place over venison. Pour 1½ cups water into pan. Add 1 cup reserved marinade. Roast in preheated 325°F oven 2 hours or until done. Baste with pan drippings occasionally.

Peel onions. Cook in boiling salted water until tender; drain.

Sauté mushrooms in small amount of butter until lightly browned; set aside.

Remove roasting venison from pan; place on cutting board. Let cool 20 to 30 minutes; cut into cubes. Place in large heatproof serving casserole. Add onions, mushrooms, consommé, tomato sauce, and 1 cup pan drippings.

Combine flour with ¼ cup water; mix until smooth. Stir into venison mixture. Season with salt and pepper. Add sherry and brandy. Simmer on top of stove, stirring frequently, 15 minutes or until thickened.

Serve with boiled potatoes and green beans, if desired. This can be made the day before serving and reheated. Yield 6 to 8 servings.

## **meat-and-cabbage casserole**

**1 small head cabbage (about 1 pound)**  
**1 tablespoon vegetable oil**  
**2 medium onions, chopped**  
**½ pound lean pork, cubed**  
**1 pound lean ground beef**



**1** teaspoon caraway seeds  
**½** teaspoon salt  
**½** teaspoon pepper  
**½** cup dry white wine  
**1** teaspoon vegetable oil  
**3** to **6** strips thickly sliced bacon

Remove outer, wilted cabbage leaves and core. Place cabbage in large pot of boiling water; simmer gently 10 minutes. Remove; drain. Gently pull off 12 leaves; set aside. Finely chop rest of cabbage.

Heat 1 tablespoon vegetable oil. Add onions, pork, and ground beef; cook until lightly browned. Drain off excess fat. Add chopped cabbage, caraway seeds, salt, and pepper. Pour in white wine; cover. Simmer 10 minutes; stir often.

Grease ovenproof dish with 1 teaspoon vegetable oil. Line dish with half the cabbage leaves; remove thick ribs, if necessary to make lie flat. Spoon in meat mixture. Cover with rest of cabbage leaves.

Cut bacon strips in half; arrange on top. Place in preheated 350°F oven; bake approximately 45 minutes. Yield 4 servings.

## moussaka

**2** large eggplants, peeled, cut into ¼-inch slices  
**Salt**  
**5** tablespoons oil  
**1** onion, peeled, chopped fine  
**½** pound ground beef  
**Pepper**  
**Pinch** of thyme  
**1** large tomato, peeled, seeded, chopped  
**Cracker crumbs**  
**1** egg  
**½** cup milk  
**¼** cup grated cheese  
**Chopped parsley**

Preheat oven to 350°F.

Put eggplant slices into colander. Sprinkle with salt; let drain.

Heat oil in skillet. Add onion; sauté until just beginning to brown. Add meat; cook together, stirring, until meat has browned. Season with salt, pepper, and thyme. Add tomato.

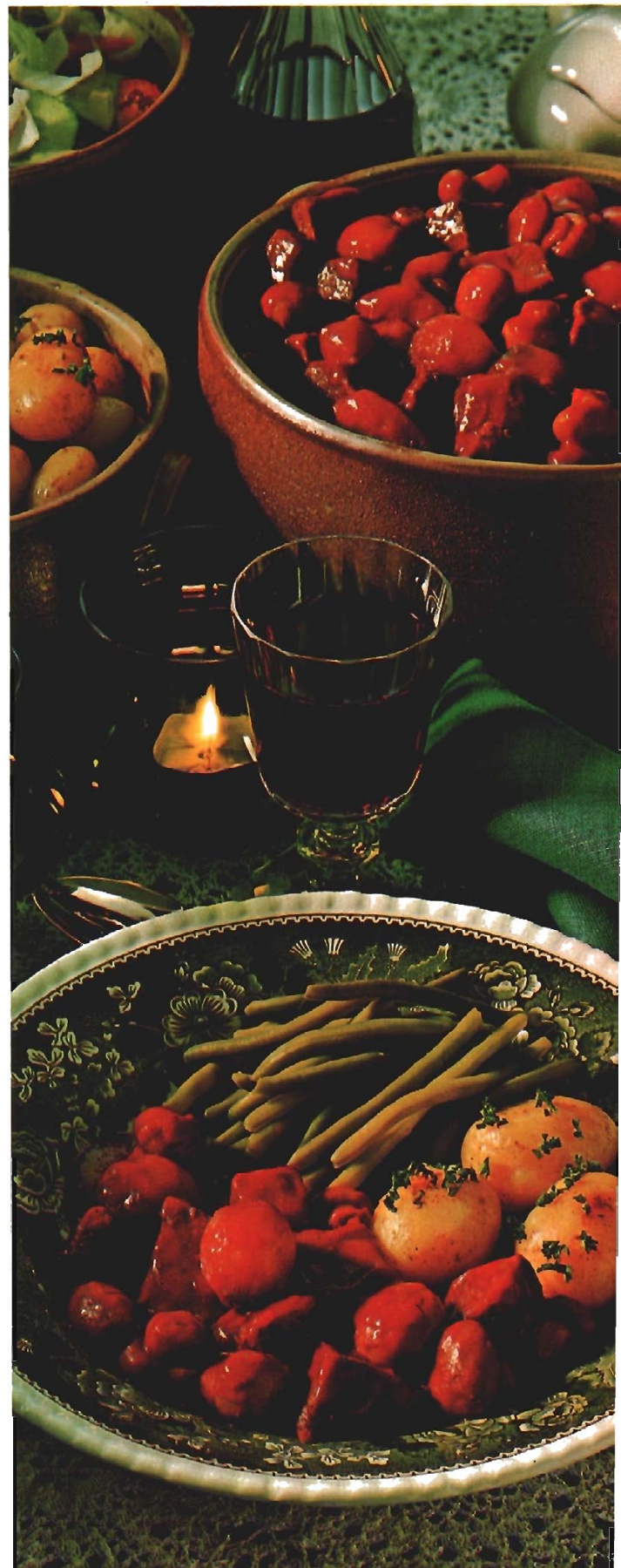
Rinse and dry eggplant; sauté in 4 tablespoons heated oil until golden brown.

Cover bottom of greased casserole with thin layer of cracker crumbs. Arrange layer of eggplant on top.

Separate egg. Beat white stiff; fold into meat mixture with 2 teaspoons cracker crumbs. Adjust seasoning to taste. Arrange layer of meat mixture over eggplant. Repeat layers; finish with eggplant.

Combine egg yolk, milk, and cheese; pour into casserole. Cook 30 minutes. Sprinkle with parsley before serving. Yield 4 to 6 servings.

*marengo casserole*











*nasi goreng surf-and-turf casserole*

## **nasi goreng surf-and-turf casserole**

**½ pound lean beef, ground**  
**2 tablespoons bread or cereal crumbs**  
**1 ¼ cups finely chopped onion**  
**Salt and pepper**  
**1 egg, beaten**  
**½ cup corn oil**  
**1 cup diced celery**  
**½ pound canned crab meat**  
**½ pound shelled and deveined shrimp**  
**2 cups chicken broth**  
**2 cups cooked rice**  
**2 tablespoons curry powder**

Preheat oven to 350°F.

Mix the meat, bread crumbs, ¼ cup onion, salt, and pepper; bind with egg. Shape into small balls, size of a walnut; leave in cold place about 40 minutes.

Heat 2 tablespoons oil in skillet; sauté rest of onion and celery. Put into large casserole.

Heat a little more oil in skillet; sauté crab meat and shrimp 2 to 3 minutes. Put into casserole with onion and celery.

Brown meat balls; add to other ingredients in casserole.

Put broth into skillet with rice, curry powder, and any remaining oil; bring to boil. Pour over contents of casserole; stir to mix ingredients together. Cover; cook about ½ hour. Yield 6 servings.

## **noodles and ham**

**3 tablespoons butter**  
**2 tablespoons all-purpose white flour**  
**1 cup light cream**  
**1 cup shredded cheddar cheese**  
**1 tablespoon prepared horseradish**  
**1 cup cooked peas**  
**2 cups diced cooked ham**  
**1 ½ cups cooked noodles**  
**½ cup dry bread crumbs**

Melt 2 tablespoons butter in saucepan. Blend flour into melted butter to form paste. Add cream, stirring constantly until smooth, thick sauce forms. Add cheese; stir sauce until cheese melts. Add horseradish, peas, ham, and noodles; blend well. Pour mixture into greased 1-quart casserole. Top with bread crumbs; dot with 1 tablespoon butter. Bake in 350°F oven 30 minutes or until thoroughly heated. Yield 4 servings.

## **osso-bucco casserole**

**4 meaty slices veal shin, 2 to 3 inches thick**  
**¼ cup flour**  
**Salt and pepper**  
**2 ½ tablespoons olive oil**  
**1 ½ tablespoons butter**  
**1 medium onion, sliced fine**  
**3 stalks celery, sliced fine**  
**1 or 2 cloves garlic, crushed**  
**2 tablespoons tomato puree**  
**½ cup veal or chicken stock**



*osso-bucco casserole*

- ½ cup dry white wine**
- ½ tablespoon chopped basil and lemon thyme**
- 1½ tablespoons chopped parsley**
- ½ lemon**

Preheat oven to 350°F.

Add salt and pepper to flour; coat pieces of meat with it.

Heat oil in skillet; add butter. When foaming, put in meat; lightly brown all over. Remove with slotted spoon; keep warm in casserole.

Lightly brown onion, celery, and garlic. Add tomato puree, stock, and wine to vegetables; season to taste. Pour mixture over meat. Put casserole with tight-fitting lid into oven 1½ to 2 hours. After about 1 hour add half the herbs and a few fine strips of lemon rind. Cook an hour or so. Test meat; if not completely done, cook until tender.

Transfer meat and vegetables to serving platter with slotted spoon.

Boil up sauce to reduce slightly. Add lemon juice to taste; pour over meat. Sprinkle top with remaining chopped parsley. Serve with boiled pasta or rice. Yield 4 servings.

## pantry-shelf ham-and-vegetable casserole

- 1 (10½-ounce) can condensed cream of chicken soup**
- 1 (5-ounce) can chopped chicken**
- ½ cup diced cooked ham**
- 1 (8¼-ounce) can pearl onions**
- 1 (7½-ounce) can baby carrots**
- 1 (8¼-ounce) can cut green asparagus**
- ¼ cup fine dry bread crumbs**
- 1 tablespoon butter or margarine, melted**

Put enough soup in small greased casserole to cover bottom. Add layers of chicken, ham, onions, carrots, and asparagus (use half of each). Repeat, using remaining half of meat and vegetables. Pour remaining soup over mixture.

Mix crumbs with butter; sprinkle over top of mixture.

Bake at 400°F until mixture bubbles and crumbs are brown, about 45 minutes. Yield 4 servings.

## paprika goulash

- 1½ pounds beef chuck or round**
- 3 tablespoons oil**
- 3 medium onions, peeled, sliced**
- 2 tablespoons paprika**
- 2 tablespoons flour**
- 2 teaspoons tomato puree**
- 2 cups beef bouillon**
- Bouquet Garni (see Index)**
- Salt and pepper**
- 1 clove garlic, crushed**
- 1 red or green pepper**
- 2 or 3 tomatoes, peeled, sliced**
- 6 tablespoons sour cream**

Preheat oven to 325°F.

Cut meat into cubes.

Heat oil in skillet. Brown meat over fairly high heat; transfer to casserole.

Reduce the heat in skillet; sauté onions in remaining oil. Add paprika, flour, tomato puree, and bouillon; stir until boiling. Pour over meat in casserole. Add bouquet garni, seasonings, and garlic. Cover; cook about 1¼ hours.

Blanch pepper 2 minutes. Split; remove seeds. Cut into strips. Add with tomatoes to casserole; cook 15 minutes.

Just before serving, stir in sour cream and adjust seasoning. Serve with noodles. Yield 4 servings.

## persian lamb-and-apricot pilau

- ½ cup butter**
- 1 onion**
- 1½ to 2 pounds lean lamb, cubed**
- 4 tablespoons seedless raisins**
- 1 cup dried apricots, halved**



## MEAT • CASSEROLES

**½ teaspoon ground cinnamon**

**½ teaspoon chopped thyme**

**Salt and pepper**

**2 cups long-grain rice**

**2 tablespoons almonds, peeled, shredded**

Preheat oven to 320°F.

Melt half the butter in pan; cook onion until soft and golden brown. Add meat; brown all over slowly. Add raisins and apricots. Sprinkle with cinnamon, thyme, salt, and pepper. Pour over cold water barely to cover meat. Cover; cook gently in oven about 1½ hours. When meat is tender, if there seems to be too much liquid, boil to reduce quantity.

Boil rice in usual way 10 to 12 minutes, or follow package instructions; drain well.

Melt remaining butter; stir into rice before drying over gentle heat. Arrange rice and meat in layers in casserole. Bake 15 to 20 minutes.

Lightly brown almonds in oven. Sprinkle on top of dish; serve hot. Yield 4 to 6 servings.

### pork-chop and rice casserole

**tomato sauce**

**¼ cup vegetable oil**

**3 medium ripe tomatoes, sliced**

**2 medium onions, chopped**

**2 garlic cloves, minced**

**½ teaspoon salt**

**¼ teaspoon white pepper**

**¼ teaspoon dried oregano leaves**

Heat oil in frypan; sauté tomatoes, onions, and garlic about 5 minutes, stirring constantly. Season with salt, pepper, and oregano. Cover; simmer tomatoes in their own juices about 20 minutes. Strain through sieve; return puree to frypan. Cook until liquid is reduced to two-thirds; stir frequently. Set aside.

**rice**

**1 cup uncooked long-grain rice**

**Water and salt (according to package directions)**

Cook rice in large amount of boiling salted water. Drain; rinse in cool water. Set aside.

**chops**

**4 pork chops**

**½ teaspoon salt**

**¼ teaspoon white pepper**

**¼ teaspoon paprika**

**2 tablespoons vegetable oil**

**Margarine to grease casserole**

**3 tablespoons grated Emmenthal or Swiss cheese**

**1 tablespoon butter**

Season pork with salt, pepper, and paprika.

Heat oil in frypan. Add chops; fry 5 minutes on each side.

Generously grease ovenproof casserole. Cover bottom with half the rice; pour half the tomato sauce over rice. Arrange 2 pork chops on top; sprinkle with half the grated cheese. Repeat layers; dot with butter. Place in preheated 350°F oven; bake 30 to 40 minutes. Yield 4 servings.

*pork-chops and rice casserole*





*pork-and-vegetable casserole*

## **pork-and-vegetable casserole**

2 tablespoons vegetable oil  
1 pound lean pork, cut into bite-size pieces  
1 medium onion, chopped  
2 pounds green cabbage, finely shredded  
3 medium potatoes, peeled, cut into 1-inch cubes  
1½ cups hot beef bouillon  
½ teaspoon salt  
⅛ teaspoon pepper  
½ teaspoon caraway seeds  
1 sprig parsley, chopped

Heat oil in Dutch oven. Add meat; brown on all sides about 10 minutes. Add onion; sauté lightly. Stir in cabbage and potatoes. Add bouillon; season with salt, pepper, and caraway seeds. Cover; simmer 50 minutes. Correct seasonings if necessary. Serve garnished with chopped parsley. Yield 4 servings.

## **sausage-and-apple casserole**

8 cups cubed white bread (about 15 slices)  
1 pound country sausage  
1 large onion, diced  
1 green pepper, diced  
½ cup water  
2 large apples, pared, cored, chopped  
1 teaspoon salt

Use stale white bread for cubes, or dry them by putting in 250°F oven 10 minutes.

Brown sausage in large skillet. Cook until no trace of pink is in meat. Add onion and pepper; cook 2 minutes. Stir in bread cubes, water, apples, and salt. Mix together until all is evenly moist. Turn mixture into well-greased casserole. Cook in 350°F oven 30 minutes or until top crusts. Yield 4 to 6 servings.



## sausage-and-rice casserole

**2½ cups milk**  
**1 teaspoon saffron shreds**  
**24 pure-pork sausage links**  
**4 cups thin lengthwise-sliced onions**  
**1¼ cups long-grain rice**  
**Salt and freshly ground pepper to taste**  
**2 bay leaves**  
**1¼ cups water**

Heat ½ cup milk in small saucepan until warm. Sprinkle with saffron; let steep 30 minutes.

Place sausages on broiling rack in a pan. Bake 20 minutes at 350°F. Turn; bake 15 minutes.

Spread 1 cup onions in large casserole. Arrange 6 sausages over onions; sprinkle with ¼ of rice. Season with salt and pepper. Repeat layers; add 1 bay leaf. Repeat layers 2 more times, adding remaining bay leaf.

Strain saffron from milk. Combine saffron-flavored milk, remaining milk, and water. Pour over rice to cover.

Bake, covered, in preheated 325°F oven 1 hour. Stir rice mixture before serving, if desired. One

tablespoon saffron, if desired. Yield about 8 servings.

## seven-layer casserole

**1 cup uncooked rice**  
**1 cup cooked or canned whole-kernel corn**  
**Salt and pepper to taste**  
**2 cups (15-ounce can) tomato sauce**  
**¾ cup water**  
**½ cup finely chopped onion**  
**½ cup chopped green pepper**  
**1 cup cooked or canned green beans**  
**¾ pound ground beef**  
**4 slices bacon, cut up**

Put rice and corn in baking pan or dish. Sprinkle with salt and pepper.

Mix tomato sauce and water. Pour half over corn and rice. Add layers of onion, green pepper, green beans, and beef. Sprinkle with salt and pepper. Add rest of tomato-mixture. Top with bacon. Cover tightly.

Bake at 350°F 1 hour. Uncover; cook 30 minutes. Yield 4 to 6 servings.



*sausage-and-rice casserole*



*shepherd's pie casserole*

## shepherd's pie casserole

**1 cup peeled, sliced carrots**  
**1 medium onion, peeled, sliced**  
**3 cups diced cooked roast lamb or beef**  
**½ cup frozen peas, slightly thawed**  
**Salt and pepper to taste**  
**1 cup leftover gravy (or 1 cup canned gravy)**  
**2 cups thick mashed potatoes**  
**1 egg**  
**2 tablespoons milk**

Place carrots in small saucepan; barely cover with water. Cook until fork-tender; drain.

Meanwhile, in separate saucepan cook onion, barely covered with water, until tender; drain.

Combine lamb, vegetables, salt, and pepper in 2-quart casserole; mix well.

Heat gravy; thin with boiling water if very thick. Pour over meat and vegetables; stir to combine. Bake, uncovered, at 350°F 20 minutes.

Place potatoes in pastry bag; pipe over top of meat mixture. (Can mound over top of casserole with spoon.)

Beat egg and milk together; brush potatoes with mixture. Return to oven; bake 20 minutes. Turn on broiler unit; cook until potatoes are lightly browned. Serve hot. Yield 4 servings.

## stove-top split-pea casserole

**1 pound ground beef**  
**1 small onion, chopped**  
**2 cups cooked or canned tomatoes**  
**½ cup uncooked rice**

**½ cup water**  
**1 tablespoon sugar**  
**2½ cups cooked split peas**  
**Salt and pepper to taste**

Put ground beef and onion in pan. Cook until meat is browned; drain off fat. Add tomatoes, rice, water, and sugar. Cover; boil gently about 25 minutes, until rice is tender. Add split peas, salt, and pepper. Heat slowly until hot. Yield 4 to 6 servings.

## veal casserole

**2 pounds veal shoulder**  
**¼ cup flour**  
**Salt and pepper**  
**¼ cup oil**  
**1 large onion, peeled, chopped**  
**2 carrots, peeled, chopped**  
**2 stalks celery, cut diagonally**  
**1 sprig parsley**  
**¼ teaspoon each oregano, basil, and rosemary, all tied in piece of cheesecloth**  
**1 cup chicken broth**  
**¼ cup dry white wine**  
**2 tomatoes, peeled, chopped**  
**1 clove garlic, crushed**  
**1 tablespoon chopped parsley**  
**1 teaspoon grated lemon rind**  
**1 tablespoon lemon juice**

Preheat oven to 350°F.

Cut veal into 2-inch cubes; dredge with flour mixed with a little salt and pepper.

Heat oil in skillet. Brown meat, few pieces at a



time; add extra oil as required. As meat is browned, remove to casserole.

Sauté onion, carrots, and celery in remaining oil. Sprinkle over meat. Add herbs, broth, wine, tomatoes, and garlic. Cook 2 to 3 minutes; pour over meat. Cover; cook about 1½ hours.

About 20 minutes before end of cooking, uncover; adjust seasoning. Stir in parsley, lemon rind, and lemon juice. Remove bag of herbs before serving. Yield 5 to 6 servings.

## veal-and-ham casserole

**1½ pounds veal fillet, cut into thin slices**

**1½ cups bread crumbs**

**1 egg**

**½ cup milk**

**2 tablespoons oil**

**3 tablespoons butter**

**1 pound cooked ham, sliced thin**

**3 cups sliced mushrooms**

**2 cans (about 8 ounces each) tomato sauce**

**¾ cup chicken broth**

**2 to 3 tablespoons blanched almonds**

**Salt and pepper**

**1 teaspoon oregano**

**¼ teaspoon powdered mace**

**¼ teaspoon thyme**

**¼ teaspoon rosemary**

Preheat oven to 300°F.

Pound veal slices thin; coat with bread crumbs. Dip in egg and milk; coat again with bread crumbs.

Heat oil and butter in sauté pan; cook veal until crisp and golden. Remove to deep casserole with a slotted spoon.

Crisp ham in same pan; add to veal.

Sauté mushrooms in remaining fat about 5 minutes; add a little extra butter if necessary. Add tomato sauce, broth, and almonds; stir well. Add seasonings and herbs. Simmer about 10 minutes; pour into casserole. Cover; cook about 1¼ hours. Adjust seasoning. Serve with noodles or wild rice. Yield 7 or 8 servings.

## MEATLESS

### baked macaroni and cheese

**1½ teaspoons salt**

**4 cups (1 quart) water**

**1½ cups uncooked elbow macaroni**

**1 or 2 cups (as desired) shredded sharp natural cheddar cheese**

**1 or 2 cups (as desired) shredded process cheddar cheese**

**2 eggs, beaten**

**2 cups milk, whole or skim**

**1 teaspoon finely chopped onion**

**¼ teaspoon white pepper (optional)**

**¼ cup cornflake crumbs**

Add 1 teaspoon salt to water; bring to boil. Add macaroni; cook uncovered, stirring occasionally, until almost tender, about 6 minutes; drain.

Preheat oven to 350°F.

Grease 1½-quart casserole. Cover bottom of casserole with half the macaroni.

Combine cheeses; sprinkle half of mixture over macaroni in casserole. Repeat layers.

Combine eggs with milk, onion, ½ teaspoon salt, and pepper. Pour over macaroni and cheese. Sprinkle top with cornflake crumbs. Set casserole in pan of hot water.

Bake 45 minutes to 1 hour, until browned and almost set in center. Let cool 10 minutes before serving, to allow mixture to set. Yield 6 servings.

### baked macaroni in four cheeses

**1 pound elbow macaroni**

**⅛ pound mozzarella cheese**

**⅛ pound sharp cheddar cheese**

**⅛ pound swiss cheese**

**4 tablespoons grated Romano or Parmesan cheese**

**¼ pound melted butter**

Cook macaroni until barely tender; drain. Save ½ cup water. Put macaroni in buttered baking dish.

Cut cheddar and swiss cheeses into small slivers; mix together. Add to macaroni; toss lightly. Mix butter and hot water together; pour over macaroni. Sprinkle with grated cheese. Bake about 15 minutes in 400°F oven. Yield 4 to 6 servings.

### baked spaghetti

**½ pound spaghetti**

**2 tablespoons butter or margarine**

**1½ tablespoons chopped onion**

**1½ tablespoons chopped green pepper**

**2 cups canned or stewed tomatoes**

**1 teaspoon salt**

**¼ teaspoon pepper**

**⅛ teaspoon paprika**

**1 tablespoon sugar**

**1 cup grated cheese**

Boil spaghetti in salted water until tender; drain.

Melt butter in pan; sauté onion and green pepper until soft. Add tomatoes, salt, pepper, paprika, and sugar; simmer 10 minutes. Add spaghetti; mix well. Add ½ cup cheese. Turn into greased baking dish. Sprinkle with remaining cheese. Bake in 400°F oven until cheese is brown, 20 to 25 minutes.

As a variation this dish can be made by adding ground sausage meat or ham. Yield 6 servings.

## CASSEROLES • MEATLESS

### banana casserole

- 6 ripe bananas
- ½ cup orange sections
- ½ cup sugar
- 2 tablespoons orange juice
- 2 tablespoons lemon juice
- Pinch of salt

Peel bananas; cut lengthwise. Place in buttered dish.

Remove membrane from oranges; arrange oranges on top of bananas. Sprinkle sugar over bananas. Add juices, to which salt has been added.

Bake at 300 to 350°F 30 to 45 minutes. Serve as an accompaniment to pork, ham, or game. Yield 4 to 6 servings.

### broccoli casserole

- 1 (10-ounce) package frozen broccoli
- 1¼ cups milk
- 3 eggs, lightly beaten
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ cup grated cheese

Preheat oven to 350°F.

Cook broccoli in small amount boiling water 3 minutes; drain.

Pour milk into small saucepan; bring to boil. Cool to lukewarm.

Mix eggs with salt and nutmeg. Add milk and cheese, beating constantly. Pour into greased baking dish; add broccoli.

Bake 30 to 40 minutes or until knife inserted in center comes out clean. Must be served hot. Yield 4 servings.

### broccoli-nut casserole

- 1½ cups uncooked brown rice
- 3 cups water
- ½ teaspoon salt
- 1 large onion, chopped
- 2 cloves garlic, minced
- ½ teaspoon each dill and thyme
- 1 teaspoon oregano
- ½ bunch parsley, minced
- ½ pound mushrooms, sliced
- 1 green pepper, seeded, sliced
- 1 bunch (2 pounds) broccoli
- 2 to 3 tablespoons peanut or corn oil
- ½ cup cashews
- ½ pound Swiss or Gruyere cheese
- 2 tablespoons grated Parmesan cheese

Put rice in heavy saucepan with tight-fitting lid. Add water and salt. Bring to rapid boil; stir once. Reduce heat; simmer, covered, 45 minutes or until all water is absorbed.

Meanwhile prepare all vegetables and herbs. Trim broccoli of leaves and tough ends. Cut off florets; slice stems into ½-inch slivers.

Heat oil in large frying pan. Add onion, garlic, and herbs (except parsley). Sauté until onions begin to get soft. Add parsley; stir in well. Add mushrooms, pepper, and broccoli. Cook until broccoli is deep green; stir frequently. Remove from heat; toss in nuts.

Preheat oven to 350°F.

Spread rice in an oiled casserole. Cover with vegetable-nut mixture; sprinkle with cheeses. Bake 15 minutes, until bubbly. Yield 8 servings.

### carrot casserole

- 3 cups sliced cooked carrots
- 1 (10½-ounce) can condensed cream of celery soup



broccoli casserole



**1 cup or 4 ounces shredded process cheddar cheese**  
**¼ cup fine dry bread crumbs**

**1 tablespoon butter or margarine, melted**

Preheat oven to 350°F.

Mix carrots, soup, and cheese together in baking dish.

Mix bread crumbs and butter. Sprinkle on carrot mixture. Bake about 20 minutes or until crumbs are brown. Yield 6 servings.

## carrot, prune, and potato tzimmes casserole

**1 onion, chopped**

**4 tablespoons chicken fat**

**1 pound brisket of beef**

**1 pound tenderized prunes**

**3 cups water**

**5 carrots**

**4 sweet potatoes**

**½ cup honey**

**1 teaspoon salt**

**1 tablespoon lemon juice**

**2 tablespoons potato flour**

Sauté onion in 2 tablespoons fat.

Heat a pot; sear meat on all sides, turning until brown. Cover bottom of pot with sautéed onions. Add meat, prunes, and water. Cook 1 hour on low heat, covered.

Scrape carrots. Wash; slice into thin rounds.

Pare sweet potatoes; cut into thick rounds. Add carrots and potatoes to meat and prunes, distributing well around meat. Add honey, salt, and lemon juice; cook until tender. Shake pot gently from time to time, but do not stir. Water can be added to prevent sticking.

Make thickening by browning potato flour in 2 tablespoons melted fat, adding ¼ cup liquid from meat-and vegetable combination. Stir until smooth, cooking over moderate heat about 5 minutes. Turn thickening into the tzimmes; shake pot

gently. Turn whole contents into casserole. Cover; bake in 350°F oven 2 hours. Remove cover for last ½ hour to brown top. Do not mash vegetables. Tzimmes is not attractive if “mushy.” Yield 6 to 8 servings.

## cauliflower casserole

**1 medium heat cauliflower**

**Salt and pepper to taste**

**1 cup sour cream**

**1 cup shredded American cheese**

**Toasted sesame seeds**

Rinse cauliflower; break into florets. Cook, covered, in small amount boiling salted water until tender, 10 to 15 minutes. Drain well. Place half of cauliflower in 1-quart buttered casserole; season with salt and pepper. Spread with ½ cup sour cream; sprinkle with ½ cup cheese. Top with 1 teaspoon toasted sesame seeds. Repeat layers.

Bake in 350°F oven until cheese melts and sour cream is heated through, about 5 minutes. If made ahead, allow more time to heat. Yield 6 servings.

*Note: To toast sesame seeds, place in shallow pan in 350°F oven 10 minutes or until brown, shaking occasionally.*

## celery-and-cheese casserole

**3 cups diagonally sliced fresh celery**

**3 tablespoons butter**

**¼ cup water**

**½ teaspoon crumbled dried tarragon leaves**

**2 tablespoons all-purpose flour**

**Salt to taste**

**½ cup milk**

**1 can cream of chicken soup**

**½ cup grated cheddar cheese**

**¼ teaspoon paprika**

Combine celery, 1 tablespoon butter, water, and tarragon in large saucepan; bring to boil.

*celery-and-cheese casserole*



## CASSEROLES • MEATLESS



*cheese yorkshire-pudding casserole*

Reduce heat; simmer, covered, 10 minutes. Turn celery mixture into buttered 2-quart casserole.

Melt 2 tablespoons butter in same saucepan over medium heat. Stir in flour and salt; cook, stirring constantly, until lightly browned. Add milk gradually; cook, stirring constantly, until mixture is smooth and thick. Stir in soup; heat through. Add cheese; stir until melted. Pour over celery mixture, blending lightly; sprinkle with paprika.

Bake in preheated 350°F oven 15 minutes or until heated through and bubbly. Yield 6 to 8 servings.

### **cheese-and-olive casserole**

**2 cups bread, broken into pieces**  
**3 tablespoons melted butter**

**1 cup grated cheese**  
**½ cup sliced stuffed olives**  
**3 beaten eggs**  
**1 teaspoon mustard**  
**¼ cup liquid from olives**  
**2 cups hot milk**

Stir bread in 2 tablespoons butter until well coated.

Line bottom of greased baking dish with  $\frac{3}{4}$  cup buttered bread. Add layer of  $\frac{1}{2}$  cup cheese, then  $\frac{1}{4}$  cup olives. Repeat layers of bread, cheese, and olives. Top with remaining bread; brush with remaining butter.

Mix eggs, mustard, liquid from olives, and milk, blending well. Pour over mixture in dish. Bake in 350°F oven 35 to 45 minutes. Yield 6 servings.



## cheese pilaf

This is a good accompaniment to roast duck or chicken.

- 2 tablespoons butter or margarine
- 1 tablespoon oil
- 1 clove garlic
- 1 cup long-grain uncooked rice
- 2 cups chicken bouillon
- ¼ cup grated Parmesan cheese

Preheat oven to 350°F.

Heat butter and oil in sauté pan. Add garlic, crushed finely with a little salt, and rice. Sauté until rice begins to color. Pour contents of sauté pan into casserole. Add bouillon; cover. Bake about 25 to 30 minutes or until liquid has been absorbed. Remove from oven. Add cheese; stir with fork until melted and well mixed with rice. This is a good accompaniment to roast duck or chicken.

For variety, some seedless raisins, seeded black or white grapes, or strips of blanched red or green pepper can be stirred into rice with the cheese. Yield 4 servings.

## cheese yorkshire-pudding casserole

- 2 eggs
- 1 cup milk
- 3 tablespoons bacon or roast drippings
- 1 cup sifted all-purpose flour
- ½ teaspoon salt
- 1 cup finely grated Gruyere cheese

Beat eggs in medium-size mixing bowl until very thick and lemon-colored. Add milk gradually. Add drippings; blend thoroughly. Add flour and salt gradually; beat until smooth. Fold in half of cheese. Pour into well-greased 1-quart baking dish; sprinkle remaining cheese over top.

Bake in preheated 450°F oven 25 minutes or until golden brown. Serve immediately. Yield 4 to 6 servings.

## cheesy onion casserole

- 6 cups onion rings, sliced thin
- ¼ cup butter or margarine
- ¼ cup flour
- 2 cups milk
- 1 teaspoon garlic salt
- ½ teaspoon celery salt
- 2 cups grated cheddar cheese

Place onion in 2-quart casserole.

Melt butter in saucepan; blend in flour. Slowly stir in milk; cook until thick. Keep flame low. Stir in seasonings and cheese. Pour over onions. Bake, uncovered, at 350°F 1 hour. Yield 6 servings.

## colcannon casserole

- 4 large potatoes, peeled, roughly chopped
- 2 parsnips or small turnips, peeled, roughly chopped
- 1 cup cooked well-drained cabbage or kale
- 2 small onions, peeled, finely chopped
- ⅔ cup milk
- 2 tablespoons margarine
- 2 egg whites
- ½ cup grated cheese

Preheat oven to 350°F.

Cook potatoes and parsnips together in boiling salted water until tender; drain well. Mash; mix with cabbage.

While potatoes are cooking, cook onions in milk until soft. Mix with other vegetables; season with salt and pepper. Add margarine; pour into greased casserole.

Beat egg whites until stiff; fold in cheese. Pile on top of vegetables. Bake 20 to 25 minutes or until well browned. Yield 4 to 5 servings.

## eggplant casserole

- 2 cups pared, cubed eggplant
- 2 tablespoons finely chopped onion
- ¼ cup water
- 2 eggs, slightly beaten
- 2 slices soft bread, torn into very small pieces
- ½ cup milk
- 1 teaspoon salt
- Pepper to taste
- 1¼ cups shredded sharp cheddar cheese

Cook eggplant and onion in unsalted water until eggplant is tender, about 7 minutes; drain.

Combine all ingredients except ¼ cup cheese; mix well. Pour into greased 1-quart casserole.

Bake uncovered at 350°F 25 minutes. Sprinkle with remaining cheese; bake 5 minutes. Yield 6 servings.

## eggplant-tomato casserole

- 1 large onion, chopped
- 2 small eggplants, peeled, diced
- ¼ cup butter or margarine
- 1 (28-ounce) can tomatoes, drained
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ¼ cup cornflake crumbs

Preheat oven to 350°F.

Cook onion and eggplant in butter until golden brown. Add tomatoes, salt, and pepper; mix thoroughly. Pour into casserole; top with crumbs. Bake 30 minutes. Yield 6 servings.

## CASSEROLES • MEATLESS

### fresh tomato-corn casserole

6 medium fresh tomatoes  
½ cup chopped fresh celery  
½ cup chopped fresh green sweet pepper  
½ cup chopped fresh onion  
Salt to taste  
2 cups fresh corn, cut from cob  
3 hard-boiled eggs, sliced  
2 cups Basic White Sauce (see Index)

Peel and chop 5 tomatoes; place in saucepan. Add celery, pepper, and onion. Cook, stirring occasionally, 15 minutes. Stir in salt. Place half the mixture in casserole; add half the corn. Arrange egg slices over corn; add half the white sauce. Add remaining tomato mixture; add remaining corn. Cover with remaining white sauce. Bake in preheated 350°F oven about 45 minutes or until set.

Slice remaining tomato; arrange on casserole. Broil until tomatoes are hot. Garnish with parsley. Yield 6 servings.

*fresh tomato-corn casserole*





## hot fruit casserole

1 (16-ounce) can applesauce  
 1 (16-ounce) can apricot halves, drained  
 1 (16-ounce) can pear halves, drained  
 1 (16-ounce) can sliced peaches, drained  
 1 (16-ounce) can white cherries, drained, pitted  
 1 (16-ounce) can pineapple chunks, drained  
 ¼ pound brown sugar  
 ¾ stick butter  
 Cinnamon  
 Nutmeg

Arrange fruit in layers in buttered 3-quart casserole. Sprinkle each layer with brown sugar, cinnamon, and nutmeg; dot with butter. Bake in 300°F oven about 30 minutes. Yield 10 to 12 servings.

## impromptu casserole

1 (1-pound) can French-cut green beans, drained  
 1 (1-pound) can bean sprouts, drained  
 1 (5-ounce) can water chestnuts, drained, sliced  
 1 (4-ounce) can sliced mushrooms, drained  
 ¼ cup Parmesan cheese  
 3 tablespoons butter, melted  
 1 (8-ounce) can tomato sauce

½ teaspoon salt

1 (3½-ounce) can French-fried onion rings

Toss vegetables with cheese in 8 × 12-inch shallow baking dish. Sprinkle with melted butter.

Combine tomato sauce and salt; pour over vegetables. Sprinkle onion rings on top. Bake at 325°F 20 minutes. Yield 6 servings.

## lasagna-and-cheese casserole

½ cup seedless raisins

1 to 2 tablespoons rum

1 package (½-pound) lasagna

1 cup sour cream

1 cup cottage cheese

2 to 3 tablespoons blanched, slivered almonds

Preheat oven to 350°F.

Soak the raisins in rum.

Cook noodles in boiling salted water until just tender. Drain; rinse with cold water. Drain again; put into deep buttered casserole. Sprinkle with a little salt and pepper.

Mix sour cream with cottage cheese and raisins. Pour over noodles; toss together lightly. Sprinkle with almonds; bake about 20 minutes. Yield 4 servings.

*lasagna-and-cheese casserole*



## CASSEROLES • MEATLESS

### lima-bean casserole

**¼ pound smoked slab bacon, diced**  
**1 tablespoon melted butter or margarine**  
**6 small white onions, chopped**  
**¾ cup fresh or frozen sliced carrots**  
**3 (10-ounce) packages frozen Fordhook lima beans**  
**1½ teaspoons salt**  
**Dash of sifted confectioners' sugar**  
**2 cups boiling water**  
**2 cloves garlic, crushed**  
**Bouquet Garni (see Index)**

Saute bacon in large skillet until brown; add butter. Sauté onions with bacon in butter and pan drippings about 1 minute. Add carrots; sauté 3 to 4 minutes. Add lima beans, salt, sugar, and water. Turn into 2-quart casserole; add garlic. Stir gently until mixed well. Place Bouquet Garni in mixture.

Bake at 350°F about 1 hour or until carrots and onions are tender. Remove Bouquet Garni. Decorate with canned tomato wedges, if desired; serve immediately. Yield 10 to 12 servings.

### macaroni casserole with eggplant

**1 eggplant (1 pound)**  
**4 medium tomatoes**  
**5 tablespoons oil**  
**2 cloves garlic, chopped**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**1 stick cinnamon**  
**¼ teaspoon allspice**  
**½ cup red wine**  
**3 tablespoons tomato paste**  
**8 ounces whole or elbow macaroni**  
**3 quarts boiling salted water**  
**3 tablespoons olive oil**  
**1 pound meat-loaf mixture**  
**2 medium onions, chopped**  
**¼ cup grated Kefalotiri cheese**  
**2 tablespoons butter**

Wash eggplant; dice into 1-inch cubes.

Peel and quarter tomatoes.

Heat 5 tablespoons oil in large skillet. Sauté eggplant, tomatoes, and garlic 5 minutes; stir occasionally to prevent sticking. Add salt, pepper, cinnamon, allspice, wine, and tomato paste; simmer 15 minutes.

Meanwhile, cook macaroni in water until done. Drain; rinse in warm water.

Heat 3 tablespoons oil. Brown meat and onions. Combine with vegetable mixture. Remove cinnamon stick.

Grease a 13 × 9 × 2-inch casserole. Place macaroni in casserole. Add half of cheese; mix. Top



*lima-bean casserole*

with vegetable mixture and remaining cheese; dot with butter. Bake at 350°F 30 minutes. Yield 6 servings.

### macaroni-and-cheese casserole

**1 (1-pound) box elbow macaroni**  
**1 (1-pound) can whole tomatoes**  
**1 small onion, grated**  
**1 clove garlic, minced**  
**¼ green pepper, chopped**  
**Salt and pepper**  
**2 cups grated sharp cheddar cheese**  
**Butter**

Cook macaroni until tender. Drain; set aside.

In saucepan combine tomatoes, onion, garlic, green pepper, and seasonings. Simmer until green pepper and onion are soft. Grease large oblong baking dish with butter. Alternate layers of macaroni, cheese, and tomatoes. Season between layers. Bake at 350°F 1 hour, until brown on top. Yield 8 servings.

### noodle kugel

**1 package medium noodles**  
**¼ pound cream cheese**  
**¼ pound butter**  
**½ pint sour cream**  
**Seasoned salt**  
**Pepper**  
**¼ cup sugar**  
**4 eggs, beaten**  
**Cornflake crumbs**

Cook noodles; drain. Run water over them. Dissolve cream cheese in noodles. Add butter, sour cream, seasonings, and sugar. Mix in eggs; sprinkle top with cornflake crumbs. Dot with pats of butter. Bake at 350°F in greased 8- or 9-inch-square pan 1½ to 2 hours. Yield 6 servings.



## MEATLESS • CASSEROLES

### noodle kugel with fruit

- ½ pound broad noodles
- 1 No. 1 can crushed pineapple
- 1 apple, grated
- 1 cup cottage cheese
- ¾ stick melted butter or margarine
- 2 eggs, beaten
- 2 tablespoons lemon juice
- 1 cup white raisins
- ½ cup sugar
- 1½ teaspoons cinnamon (optional)
- 1 cup sour cream
- 1 teaspoon salt

*macaroni casserole with eggplant*

Boil and drain noodles. Stir with other ingredients. Place in well-greased, shallow, heavy casserole. Bake at 350°F about ¾ hour. Yield 6 to 8 servings.

### noodles-romanoff casserole

- 1 package (5 or 6 ounces) fine noodles
- 1 cup cottage cheese
- 1 cup sour cream
- 1 small onion, peeled, chopped
- 1 teaspoon Worcestershire sauce
- Dash of Tabasco







*noodles-romanoff casserole*

#### **Paprika**

**½ cup grated sharp cheese**

Preheat oven to 350°F.

Cook noodles in boiling salted water about 6 minutes; drain well.

Mix well all ingredients except grated cheese; put into greased casserole. Sprinkle with cheese. Bake about 40 minutes. Yield 4 to 5 servings.

### **onion-peanut casserole**

**2 pounds onion**

**3 tablespoons butter**

**3 tablespoons flour**

**1½ cups milk**

**½ teaspoon salt**

**2 teaspoons prepared mustard**

**1 teaspoon Worcestershire sauce**

**½ cup chopped salted peanuts**

Boil onions in salted water until tender. Arrange in baking dish.

Melt butter; stir in flour. Add milk; stir until thick. Add salt, mustard, and Worcestershire; pour over onions. Sprinkle with peanuts. Bake in 350°F oven 10 to 15 minutes. Yield 4 servings.

### **pea-pod casserole**

**1 package frozen pea pods, boiled**

**1 can water chestnuts, sliced**

**1 can bean sprouts, or fresh bean sprouts**

**1 can cream of mushroom soup**

**1 can onion rings (optional)**

Boil pea pods 2 minutes; drain. Place in casserole. Place water chestnuts on pea pods. Next place layer of bean sprouts. If canned bean

sprouts are used, drain. If fresh are used, first blanch, then rinse with cold water; drain well. Cover with cream of mushroom soup.

Bake 15 minutes at 350°F. Place onion rings on top; heat about 2 or 3 minutes. Yield 4 servings.

### **potato-kugel casserole**

**8 to 10 potatoes**

**2 onions**

**2 heaping tablespoons chicken fat, melted but cool**

**3 eggs, beaten**

**Salt and ground pepper to taste**

Peel potatoes. Wash in cold water; dry well. Grate potatoes and onions into mixing bowl. Combine all ingredients; blend well. Pour mixture into greased 3-quart casserole. Bake 2 hours in preheated 350°F oven. Cut in squares. Yield 6 to 8 servings.





## spinach-artichoke casserole

- 1 (6-ounce) can whole mushrooms, drained
- 1 can mushroom pieces, drained
- 6 tablespoons butter
- 1 tablespoon flour
- ½ cup milk
- ½ teaspoon salt
- Dash of pepper
- 1 (1-pound) can artichoke hearts, drained
- 2 (10-ounce) packages frozen chopped spinach, cooked

Sauté mushrooms in butter. Remove; separate whole crown and pieces.

Add flour to melted butter left in pan; cook until bubbly. Add milk; stir until smooth. Add salt, pepper, mushroom pieces and spinach.

Drain artichokes. Place in buttered casserole; cover with spinach mixture. Pour sour-cream sauce over casserole; top with mushroom crowns. Bake in 350°F oven about 30 minutes. Yield 8 servings.

*Note: This can be frozen but do not freeze with Sour-Cream Sauce.*

### sour cream sauce

- ½ cup sour cream
- 2 tablespoons lemon juice
- ½ cup mayonnaise

Blend ingredients; heat. Pour on casserole.

## spinach casserole niçoise

- 2 pounds spinach
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ⅛ teaspoon ground nutmeg
- 4 eggs
- ¼ cup heavy cream
- Butter to grease dish
- 2 tablespoons dried bread crumbs
- 1 tablespoon butter

Thoroughly wash spinach; drain.

Heat oil in large Dutch oven or saucepan. Add garlic; cook 1 minute. Add spinach. Cover; steam 3 minutes. Season with salt, pepper, and nutmeg.

Beat eggs and cream in small bowl until well-blended. Stir in spinach.

Grease ovenproof dish with butter; spoon in spinach mixture. Sprinkle with bread crumbs; dot with butter. Place in preheated 425°F. Bake about 15 minutes or until lightly browned. Yield 6 to 8 servings.

## squash casserole

- 2 pounds yellow summer squash
- 1 onion, minced
- Salt and pepper to taste
- 1 can condensed cream of mushroom soup
- 1 cup fine dry bread crumbs
- 2 tablespoons butter

Slice squash. Add onion; cover with water. Cook until tender; drain. Season with salt and pepper. Put squash, undiluted soup, and crumbs in alternate layers in greased baking dish. Dot each layer with butter. End with crumbs on top. Bake in preheated 350°F oven 30 minutes. Yield 6 servings.

## sweet-potato and banana casserole

- 4 medium sweet potatoes
- 4 tablespoons butter
- 1½ teaspoons salt
- 4 bananas, sliced
- ¾ cup brown sugar
- ¾ cup orange juice

Cook sweet potatoes in boiling water until tender but still firm; cool. Peel; slice ¼ inch thick. Place in buttered casserole in alternate layers potatoes dotted with butter and sprinkled with salt, and bananas sprinkled with brown sugar. End top layer with bananas, dotted with butter. Add orange juice. Bake in 350°F oven about 30 minutes or until the top is browned. Yield 6 servings.

*spinach casserole niçoise*



## zucchini casserole provençale

3 medium zucchini, sliced into ovals on diagonal  
1 large onion, sliced  
3 large tomatoes, sliced  
4 anchovy fillets, cut up  
1 tablespoon capers  
1 clove garlic, minced  
1 teaspoon salt  
Freshly ground black pepper to taste  
2 tablespoons fresh basil, minced, or 2 teaspoons dried basil  
½ cup freshly grated Parmesan or Romano cheese  
Butter

Line lightly buttered ovenproof casserole with half of sliced zucchini, onion, and tomatoes. Top with half of anchovies, capers, garlic, salt, pepper, basil, and cheese. Dot with butter. Repeat layers. Dot with butter. Bake, uncovered, at 375°F 35 to 45 minutes, until zucchini is tender. Yield 6 servings.

## zucchini-cheese casserole

½ cup uncooked long-grain white rice  
½ cup chopped onion  
¾ teaspoon salt  
1 cup boiling water  
½ cup water  
1 pound (2 to 3 medium-size) sliced zucchini squash, sliced  
1 (8-ounce) can tomato sauce  
½ cup diced green pepper  
1 cup or 4 ounces shredded sharp cheddar cheese

Add rice, onion, and ½ teaspoon salt to rapidly boiling water. Cover tightly; boil gently 20 minutes.

Bring ½ cup water to boiling. Add ¼ teaspoon salt and squash. Cook until squash is just tender, about 8 minutes; drain.

Preheat oven to 350°F.

Gently mix rice, squash, tomato sauce, and pepper. Pour mixture into 1½-quart casserole; sprinkle with cheese. Bake uncovered about 20 minutes. Yield 6 servings.

## zucchini and cottage-cheese casserole

3 medium zucchini, sliced  
¼ cup chopped onion  
2 tablespoons vegetable oil  
1 pound cottage cheese  
1 teaspoon basil  
⅓ cup Parmesan cheese

Preheat oven to 350°F.

Sauté zucchini and onion in oil.

Whip cottage cheese with basil in blender. Place alternating layers of zucchini and cheese in 1½-quart casserole. Top with Parmesan. Bake uncovered 25 to 30 minutes. Yield about 6 servings.

## casserole of pigeons

2 to 4 young pigeons or squabs (depending on size)  
3 tablespoons flour  
Salt and pepper  
¼ cup butter or margarine  
1 onion, peeled, chopped  
½ pound carrots, peeled, sliced  
1 chicken bouillon cube, crumbled  
1¼ cups water  
3 or 4 tomatoes, peeled, sliced  
1 bay leaf

Preheat oven to 325°F.

Split pigeons into halves; dredge with flour mixed with a little salt and pepper.

Heat butter in sauté pan. Brown pigeons on all sides; remove to casserole.

Add onion and carrots to pan; sauté in remaining fat. Put any remaining flour and bouillon cube into pan, add water; stir until boiling. Pour over contents of casserole. Add tomatoes and bay leaf. Cover; cook about 2 hours. Remove bay leaf and adjust seasoning before serving.

If pigeons are unavailable, use Cornish Hens. Yield 4 servings.

## chicken and artichoke hearts

1 large onion  
4 boned chicken breasts  
Salt  
1 stick butter  
2½ teaspoons paprika  
4 tablespoons flour  
½ cup chicken stock  
¾ cup sour cream  
1 cup white wine  
1 can artichoke hearts  
5 slices crisp bacon (crumbled)  
Slivered almonds  
Salt to taste

Chop onion finely. Skin chicken; sprinkle with salt.

Heat butter in frying pan; brown chicken. Remove chicken from pan. Sauté onion and paprika in remaining butter; remove pan from heat. Stir in flour; return to heat. Gradually add stock; stir until mixture boils and thickens. Add sour cream and wine; simmer lightly.



Place chicken and drained artichoke hearts in ovenproof dish or casserole; top with sauce. Cover; bake at 350°F 1 hour. Top with bacon and almonds before serving. Yield 4 servings.

## chicken and asparagus roll-ups

- 1 pound fresh asparagus
- 4 whole chicken breasts, split, skinned, pounded thin
- 2 tablespoons flour
- 1 clove garlic, minced
- 1 teaspoon salt
- ½ teaspoon dried leaf thyme
- ¼ teaspoon paprika
- ¼ teaspoon pepper
- 2 cups sliced onions
- 3 large fresh tomatoes, sliced
- ½ cup chicken broth

Wash asparagus; break off each spear as far down as it snaps easily. Place 2 or 3 spears on each chicken breast. Roll; secure with food picks.

Combine flour, garlic, ½ teaspoon salt, ¼ teaspoon thyme, paprika, and pepper; mix well. Roll chicken breasts in mixture.

Place onions and tomatoes in bottom of 13 × 9 × 2-inch baking dish; reserve 8 slices of each. Place chicken breasts over sliced vegetables. Arrange reserved slices of tomato and onion over chicken.

Combine chicken broth and ½ teaspoon salt and ¼ teaspoon thyme. Pour over chicken and vegetables. Cover loosely with foil. Bake in 350°F oven 30 minutes; baste occasionally with juices in bottom of pan. Uncover; bake 15 minutes or until chicken and vegetables are tender. Yield 8 servings.

*chicken breasts in sour cream*



## chicken barley casserole

- 2 cups chicken broth or bouillon
- ½ pound barley
- 3 tablespoons butter or margarine
- 1 small onion, chopped
- ½ pound mushrooms, sliced
- 1 cup bite-size pieces cooked chicken
- ½ cup plain yogurt
- ¼ cup shredded Monterey Jack cheese
- 2 tablespoons chopped parsley

Heat broth to boiling in large saucepan. Add barley; cover. Simmer about 45 minutes or until tender.

Meanwhile melt butter in frypan; sauté onion until transparent. Add mushrooms; sauté lightly just until juices appear. Remove from heat; set aside.

Combine chicken, yogurt, and ½ cup cheese.

When barley has finished cooking, remove from heat. Add mushroom and chicken mixtures. Transfer to large greased casserole dish. Sprinkle with remaining cheese and parsley. Bake in 350°F oven 50 minutes. Yield 4 to 6 servings.

## chicken breasts in sour cream

- 1 package dried chipped beef
- 6 chicken breasts, boned, skinned, split
- 6 slices bacon, cut in half
- 2 cans condensed mushroom soup
- 1 pint sour cream

Chop beef finely; place in bottom of casserole dish.

Wrap each chicken piece with half of bacon slice. Place each piece on its own bed of chipped beef.

Mix together undiluted soup and sour cream; pour over chicken. Bake at 275°F 2½ to 3 hours.

Serve chicken on bed of hot rice or surround with Duchesse Potatoes (see Index). Yield 6 servings.

## chicken casserole

- ½ cup butter or margarine
- 4 chicken breasts
- Salt and pepper
- 1 can (about 15 ounces) artichoke hearts
- 1 onion, peeled, chopped
- 2 teaspoons paprika
- 3 tablespoons flour
- ½ cup water
- 1 chicken bouillon cube
- ½ cup sour cream
- 1 cup dry white wine



*chicken casserole*

**2 or 3 slices bacon, fried, crumbled**

**Almond slivers, toasted**

Preheat oven to 350°F.

Heat butter in sauté pan; put in chicken. Sprinkle with salt and pepper; brown on both sides. Put into casserole with drained artichokes.

Add onion and paprika to remaining fat; sauté until onion is soft. Remove from heat; stir in flour. Return to heat; cook 1 minute. Gradually add water, in which bouillon cube has been dissolved; stir until boiling. Remove from heat; add sour cream and wine. Reheat a few minutes without boiling; pour over chicken. Cover; cook about 1 hour. Before serving, sprinkle with bacon and almonds. Yield 4 servings.

## chicken-cerise casserole

**4 chicken joints**

**Salt**

**Paprika**

**½ cup butter or margarine**

**3 tablespoons flour**

**1 teaspoon sugar**

**¼ teaspoon each ground cloves and ground cinnamon**

**⅛ teaspoon dry mustard**

**1 large can (2 cups) cherries, drained**

**1 bouillon cube, crushed**

**1 small can (1 cup) crushed pineapple**

**Cooked rice**

Preheat oven to 375°F.

Sprinkle chicken with salt and paprika.

Heat butter in skillet. Brown chicken on all sides; remove to casserole.

Combine flour, sugar, and spices with remaining fat; add cherry juice and bouillon cube. Stir until boiling and thickened; pour over chicken.

Cover; cook 30 minutes. Add cherries and pineapple; cook 30 minutes. Adjust seasoning. Serve on bed of rice sprinkled with parsley. Yield 4 servings.

## chicken-cream casserole

**4 cups cooked chicken**

**2 cups fresh bread crumbs**

**4 tablespoons butter**

**2 tablespoons flour**

**1 cup milk**

**¼ teaspoon ground mace or nutmeg**

**1 tablespoon chopped parsley**

**1 egg, beaten**

**Salt and pepper**

Preheat oven to 375°F.

Grind chicken; mix with bread crumbs.

Make cream sauce: Melt 2 tablespoons butter; blend in flour. Add milk gradually. When smooth, bring to boil, stirring constantly. Boil 2 to 3 minutes; add mace or nutmeg and herbs. Let cool slightly.

Add sauce to chicken mixture, stir well, adding remaining butter and egg. Season well. Put in buttered fireproof dish; allow room for chicken cream to rise slightly. Cook in oven 30 to 35 minutes. Yield 4 to 6 servings.

## chicken-peach casserole

**1 frying chicken (about 3½ pounds) or 6 to 8 chicken joints**

**2 tablespoons butter or margarine**

**1 tablespoon oil**

**1 large onion, peeled, sliced**

**1 green pepper, seeded, cut into strips**

**1 large can (about 30 ounces) sliced peaches**



- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 3 tablespoons white wine vinegar
- 2 tomatoes, peeled, thickly sliced

Preheat oven to 375°F.

Disjoint and skin chicken.

Heat butter and oil in skillet. Brown chicken pieces on all sides. Cover; reduce heat. Cook about 10 minutes. Remove chicken; arrange in large casserole.

Sauté onion and pepper in remaining fat until onion is transparent.

Drain peaches; reserve syrup.

Mix cornstarch smoothly with soy sauce and vinegar. Add 1 cup peach syrup. Pour into skillet. Stir until boiling; boil until clear. Add peaches and tomatoes. Pour skillet contents over chicken. Cover casserole; cook 30 to 40 minutes. Remove lid last 5 minutes. Adjust seasoning.

Serve with wild rice to which some cooked green peas and a few strips of red pepper have been added. Yield 6 servings.

## chicken provençale

- 1 small stewing fowl
- Salt and pepper
- 1 tablespoon cornstarch
- ¼ cup butter or margarine
- 3 small onions, peeled, halved
- 4 small carrots, peeled, quartered
- 1 clove garlic, crushed
- 4 tablespoons red wine

*chicken-peach casserole*



*chicken provençale*

- 1 cup chicken broth or water

Few black olives

Preheat oven to 325°F.

Cut fowl into neat pieces.

Mix salt and pepper with cornstarch; dredge chicken well.

Heat butter in sauté pan; brown chicken. Remove to casserole.

Add vegetables and garlic to remaining fat with any remaining cornstarch; cook a few minutes. Add wine and broth; stir until boiling. Pour over chicken. Cover tightly; cook 2½ to 3 hours. Just before serving, adjust seasoning and add olives.

If fowl is unobtainable, use 4-pound fryer. Yield 4 to 5 servings.



## CASSEROLES • POULTRY

### chicken-rice casserole

2½ to 3 pounds fryer-chicken parts  
5 tablespoons butter or margarine  
4 tablespoons olive oil  
2 tablespoons sherry  
1 small onion, chopped  
1 green pepper, chopped  
1 clove garlic, minced  
1 cup raw long-grain rice  
1½ cups chicken broth  
1 bay leaf  
½ teaspoon salt  
¼ teaspoon pepper  
Pinch of saffron  
2 medium tomatoes, peeled, sliced  
2 tablespoons Parmesan cheese

Wash chicken; pat dry.

Heat 4 tablespoons each butter and oil in large skillet over moderate heat. Brown chicken well on all sides. Pour sherry over chicken; remove chicken from pan.

Add onion, green pepper, and garlic to pan; sauté until golden. Add rice; sauté 2 minutes. Add chicken broth, bay leaf, salt, pepper, and saffron; bring to boil.

Grease 2-quart casserole. Pour in rice mixture; top with chicken. Cover casserole; bake at 350°F 45 minutes.

Sauté tomatoes in 1 tablespoon butter; place on chicken. Sprinkle with cheese; bake 15 minutes. Yield 4 servings.

### chicken sorrento casserole

1 chicken (3 to 3½ pounds)  
Flour  
Salt and pepper  
3 tablespoons oil  
⅓ cup rice  
1 large onion, peeled  
1 orange cut in half, seeded, but not peeled  
½ cup milk  
1 cup water  
3 tablespoons chopped pimiento  
¼ teaspoon thyme  
Pinch of sugar  
Pinch of cayenne pepper  
Preheat oven to 350°F.

Cut chicken into pieces; coat with flour to which a little salt and pepper have been added.

Heat oil in skillet. Brown chicken on all sides; remove.

Put rice into skillet; stir over low heat until brown.

Put onion and orange through food processor or grinder; use coarse blade. Mix in rice. Put mixture into casserole; arrange chicken on top. Add



*chicken-sorrento casserole*

milk, water, a little seasoning, and all other ingredients. Cover; cook in oven 1 to 1¼ hours. Adjust seasoning to taste before serving. Yield 5 or 6 servings.

### chicken and taco-chips casserole

9 taco shells or 1 (12-ounce) bag taco chips  
2 whole chicken breasts, cooked, chopped  
1 (10½-ounce) can condensed chicken-and-rice soup

2 cups grated sharp cheddar cheese  
1 (10-ounce) can tomatoes and green chilies

Crush taco shells or chips in bowl. Place layer of chips in bottom of greased 1-quart casserole. Sprinkle layer of chicken over chips. Pour several spoonfuls soup over chicken layer. Sprinkle with layer of cheese. Pour several spoonfuls tomato and green-chili mixture over cheese layer. Repeat layering process until all ingredients are used. Top casserole with additional grated cheese if desired. Bake 25 minutes at 350°F.

This can be prepared ahead and refrigerated before baking. It freezes well before and after baking. Yield 4 to 6 servings.

### curried-chicken casserole

2 tablespoons butter or margarine  
2 tablespoons oil  
2 onions, peeled, sliced



## POULTRY • CASSEROLES

1 large apple, peeled, cored, sliced  
1 tablespoon curry powder  
1 tablespoon flour  
½ teaspoon powdered turmeric  
¼ teaspoon ground ginger  
Salt and pepper  
2 teaspoons sugar  
4 cups giblet stock or water  
1 small stewing fowl  
1 teaspoon curry paste  
2 stalks celery, chopped  
2 tablespoons seedless raisins  
2 teaspoons chutney  
2 teaspoons lemon juice

Preheat oven to 325°F.

Heat butter and oil in large skillet. Add onions and apple; sauté until just soft. Add curry powder and flour; cook 3 minutes, stirring. Add turmeric, ginger, seasoning, and sugar; mix well. Add stock; stir until boiling.

Cut fowl into neat pieces. Add with all other ingredients. Remove to casserole; cover tightly.

Cook 2½ to 3 hours. Stir occasionally while cooking to be sure sauce does not stick. Serve with boiled rice and chutney.

If fowl is unobtainable, use 4-pound fryer. Yield 4 or 5 servings.

### flemish chicken casserole

2 large carrots, sliced  
2 green onions with tops, sliced  
1 heart of celery, cut into julienne strips  
4 sprigs of parsley  
Salt and freshly ground pepper to taste  
1 (3½-pound) chicken with giblets  
¼ cup butter  
2 tablespoons vegetable oil  
2 large onions, quartered  
1 bay leaf  
1 recipe Beurre Manié (see Index)  
1 egg  
¼ cup half-and-half cream  
2 tablespoons freshly minced parsley

*flemish chicken casserole*



## CASSEROLES • POULTRY

Combine carrots, green onions, celery, parsley sprigs, salt, pepper, and chicken liver and neck in soup kettle; cover with water. Bring to boil; reduce heat. Simmer until vegetables are tender. Remove liver and neck from kettle; cool.

Remove meat from neck; discard bones.

Strain liquid from kettle; reserve.

Place cooked vegetables, liver, and neck meat in blender or food-processor container; process until pureed.

Cut chicken into serving pieces.

Melt butter with oil in heavy skillet. Add chicken; fry until browned. Remove chicken from skillet; season with salt and pepper. Place in large flameproof casserole; add pureed mixture. Add reserved liquid, quartered onions, and bay leaf; cover.

Bake in preheated 350°F oven about 1 hour or until chicken is tender. Remove chicken, onions, and bay leaf from casserole with slotted spoon; discard bay leaf. Place chicken and onions in tureen.

Add *Beurre Manié* to casserole liquid; simmer, stirring constantly, until thickened.

Beat egg; blend in cream. Add to sauce in casserole slowly; simmer, stirring constantly, until heated through. Pour over chicken mixture; sprinkle with minced parsley. Serve in soup bowls. Yield about 6 servings.

### turkey-and-broccoli casserole

2 packages frozen broccoli, cooked

$\frac{1}{3}$  cup butter

$\frac{1}{3}$  cup flour

1½ cups turkey broth or consommé

1 cup evaporated milk

1 cup dry white wine

Salt and pepper

Worcestershire sauce

3 cups coarsely diced cooked turkey or chicken

Grated Parmesan cheese

Arrange broccoli in greased shallow casserole dish.

Melt butter; stir in flour. Add broth, milk, and wine. Cook, stirring constantly, until mixture is thickened and smooth. Cook and stir 2 or 3 minutes. Season to taste.

Lay turkey over broccoli in baking dish. Cover with wine-cream sauce. Sprinkle generously with grated cheese. Bake at 400°F about 20 minutes or until bubbly. Yield 6 to 8 servings.

### turkey-tetrazzini casserole

$\frac{1}{2}$  pound mushrooms, sliced

3 tablespoons butter or margarine

2 tablespoons flour

$\frac{1}{2}$  cup turkey broth

1 cup milk

3 tablespoons sherry

$\frac{1}{4}$  teaspoon salt

Dash of pepper

Dash of nutmeg

2½ to 3 cups cooked turkey, cut up

1 (1-pound) package spaghetti, cooked, drained

$\frac{1}{2}$  cup grated Parmesan cheese

$\frac{1}{2}$  cup grated Swiss cheese

Preheat oven to 350°F.

Sauté mushrooms in butter 3 minutes. Add flour; mix well. Add broth, milk, and sherry; cook over low heat, stirring constantly, until sauce thickens. Add salt, pepper, and nutmeg; mix well. Combine sauce, turkey, and drained spaghetti. Turn into 2-quart casserole. Sprinkle with cheeses. Bake 30 minutes. Yield 6 servings.

## SEAFOOD

### cabillaud cod au gratin

1 pound potatoes

4 tablespoons butter or margarine

2 tablespoons light cream or milk

1 egg, beaten

Salt and white pepper

1½ pounds cod fillets

2 tablespoons dry white wine

2 teaspoons lemon juice

2 tablespoons flour

1 small package frozen shrimp, thawed

$\frac{1}{2}$  cup grated Gruyère cheese

Milk

Preheat oven to 450°F.

Cook potatoes in boiling salted water. Drain thoroughly; dry over low heat. Mash well, adding 2 tablespoons butter, cream, and egg. Season with salt and pepper.

Put fish into skillet with wine, lemon juice, and enough salted water barely to cover; poach 15 minutes. Drain carefully; retain stock. Flake fish coarsely; remove skin.

Make sauce with 2 tablespoons butter, flour, and 1 cup fish stock. Add shrimp and cheese; season to taste.

Put fish into oven dish; add enough sauce to moisten. Cover with potatoes; brush with a little milk. Bake about 30 minutes, until potato crust is brown.

Serve any remaining sauce separately, thinning it down if necessary with a little fish stock. Yield 4 or 5 servings.



## **casserole of halibut with almonds**

**½ cup butter or margarine**  
**3 tablespoons blanched slivered almonds**  
**2 teaspoons dry mustard**  
**1 tablespoon tarragon vinegar**  
**3 tablespoons sliced green olives**  
**4 small or 2 large halibut steaks**

Preheat oven to 350°F.

Heat butter in sauté pan; sauté almonds until just beginning to color. Add mustard, vinegar, 1 tablespoon water, and olives. Stir well a few minutes.

Arrange fish in shallow buttered casserole; pour sauce over. Cover; cook 25 to 30 minutes. Yield 4 servings.

## **casserole of shrimp-stuffed peppers**

**4 large red or green peppers**  
**2 tablespoons butter or margarine**  
**1 small onion, peeled, chopped**  
**1 cup cooked rice**  
**1 small can (or small package frozen) shrimp**  
**Salt and pepper to taste**  
**Lemon juice**  
**1 cup broth or consommé**

Preheat oven to 350°F.

Cut slice from stem end of each pepper; remove all seeds and pith.

Heat butter in sauté pan. Add onion; sauté until soft. Add rice and shrimp; season carefully. Add lemon juice.

Fill peppers with mixture. Arrange in buttered casserole; add broth. Cover; cook about 30 minutes, or until tender. Yield 4 servings.

## **casserole of sole véronique**

**2 cups milk**  
**2½ pounds fillets of sole**  
**2½ cups sliced mushrooms**  
**½ cup butter or margarine**  
**2 cups white seedless or seeded grapes**  
**4 tablespoons flour**  
**Salt and pepper**  
**Lemon juice**  
**4 tablespoons bread crumbs**  
**2 tablespoons grated cheese**

Preheat oven to 375°F.

Heat milk in skillet. When just below boiling point, put in fish; poach very gently 5 minutes.

Sauté mushrooms in half the butter 3 minutes. Put with grapes into lightly buttered casserole. Arrange drained fish on top.

Melt remaining butter. Add flour; stir 1 minute. Add fish milk; whisk until thick and smooth. Season with salt, pepper, and lemon juice; pour over fish. Sprinkle with bread crumbs and cheese mixed together; dot with butter. Cook 25 to 30 minutes or until top is golden brown. Yield 6 servings.

*casserole of shrimp-stuffed peppers*



## CASSEROLES • SEAFOOD

### deluxe shrimp casserole

- ¼ cup minced green pepper
- ¼ cup minced onion
- 2 tablespoons butter
- 2 pounds large raw shrimp, cooked
- 1 (6-ounce) package long-grain and wild rice, cooked
- Garlic salt, pepper, and parsley to taste
- 1 can tomato soup, undiluted
- 1 cup light cream
- ½ cup sherry
- ¾ cup slivered almonds

Sauté green pepper and onion in butter 5 minutes. Combine in 2-quart greased casserole with shrimp (set aside 6 shrimp for garnish), cooked rice, seasonings, soup, cream, onion-pepper mixture, sherry, and ½ cup almonds. Mix well. Sprinkle top with paprika.

Bake, uncovered, 35 minutes at 350°F. Top with 6 shrimp and rest of almonds; bake 20 minutes. Yield 8 servings.

### salmon casserole with corn-bread topping

- 1 (1-pound) can pink salmon
- 1 (10¾-ounce) can condensed cream of mushroom soup
- 1 (9-ounce) package frozen cut green beans, thawed
- ½ (1-pound 2-ounce) package corn-muffin mix
- ¼ cup finely chopped green pepper (optional)
- ¼ teaspoon dry mustard
- 1 egg
- Milk

Drain salmon; save liquid. Flake salmon; distribute evenly over bottom of shallow 1½-quart casserole.

Combine soup, salmon liquid, and green beans in saucepan; heat. Pour soup mixture over salmon.

Combine corn-muffin mix, green pepper, and mustard in bowl. Add egg and ½ of milk called for on package label; mix as directed on package. Spoon 8 even mounds onto hot soup mixture. Bake in 400°F oven about 22 to 25 minutes, until topping is done and browned. Yield 4 servings.

*Note: If desired, remaining ½ package corn-muffin mix can be prepared as directed on package label. Bake in muffin pans; serve with casserole.*

### sardine puff

- 2 cans (3¾ or 4 ounces each) sardines
- 8 slices white bread
- 1½ tablespoons butter or margarine

- ¼ cup chopped green pepper
- ¾ cup shredded sharp natural cheddar cheese
- 3 eggs
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- Pepper to taste
- 2 cups milk
- Paprika

Drain sardines; cut into thirds.

Remove crusts from bread; spread with butter or margarine. Cut into ½-inch cubes. Place half the bread cubes in well-greased 12 × 8 × 2-inch baking dish. Cover with sardines, green pepper, and half the cheese. Top with remaining bread cubes and cheese.

Beat eggs, salt, mustard, and pepper. Add milk; mix well. Pour over bread; sprinkle with paprika.

Bake at 350°F 45 to 50 minutes or until firm in center. Remove from oven; let stand 5 minutes before serving. Yield 6 servings.

### seafood dinner-party casserole

- 2 packages frozen African langostine shrimp or lobster tails, thawed
- 1 can crab meat
- 2 cans frozen cream of shrimp soup, thawed
- 1 can cream of mushroom soup
- 1 small can Italian antipasto (eggplant, olives, chopped up)
- ½ cup light sauterne
- 1 small can mushrooms
- 1 cup light cream

Day before serving, combine all ingredients in large flameproof casserole. Heat through, but do not boil. Remove from flame; let stand in cool place overnight. Before serving, heat again. Pour over bed of rice with Chinese noodles on the side. Yield 8 servings.

### seafood supreme

- 4 tablespoons chopped green pepper
- 2 tablespoons chopped green onion
- 1 cup chopped celery
- 1 cup crab meat
- 1 cup cooked shrimp
- 1 cup cold cooked rice
- 1 10-ounce package frozen peas
- ½ teaspoon salt
- ½ teaspoon Worcestershire sauce
- ½ teaspoon pepper
- 1 cup mayonnaise
- Crushed potato chips for topping

Mix together ingredients (except topping) in large bowl. Put into greased casserole; cover with potato chips. Bake at 325°F 30 minutes. Yield 4 to 6 servings.



## shad-roe casserole with herbs

4 shad roes  
2 cups dry white wine  
2 cups fish stock or water  
1 teaspoon tarragon vinegar  
Salt and white pepper to taste  
½ cup melted butter  
¼ cup warm olive oil  
1 teaspoon minced chervil  
1 teaspoon minced chives  
1 teaspoon minced parsley  
1 teaspoon minced rosemary  
1 tablespoon chopped shallots  
¼ cup sherry

Rinse roes carefully; lay side by side in shallow earthenware casserole. Pour in wine, stock, and vinegar; season with salt and pepper. Bring stock to boil; simmer roes gently 12 minutes. Drain roes; reserve cooking stock for another use. Dry the roes on paper towel; brush with oil. Return roes to casserole.

Season butter with all the minced herbs and the shallots; pour over roes. Add sherry. Do not cover casserole. Braise roes in 350°F oven 10 minutes. Serve in casserole. Yield 4 servings.

## shrimp fondue casserole

3 cans (4½ or 5 ounces each) shrimp  
8 slices buttered day-old white bread  
¼ cup chopped green pepper  
1 cup grated cheese  
3 eggs  
¼ teaspoon powdered mustard  
½ teaspoon salt  
Dash of pepper  
2 cups milk  
Paprika

Drain shrimp; rinse with cold water. Cut large shrimp in half.

Remove crusts from bread; cut into ½-inch cubes. Place half the bread cubes in well-greased baking dish, 12 × 8 × 2 inches. Cover with layer of shrimp, green pepper, and half the cheese. Top with remaining bread cubes and cheese.

Combine eggs, mustard, salt, and pepper; beat with rotary beater. Add milk; mix well. Pour over bread; sprinkle with paprika.

Bake in 350°F oven 45 to 50 minutes or until firm in center. Remove from oven; let stand 5 minutes. Yield 6 servings.

## shrimp and green-bean casserole

3 cans (4½ or 5 ounces each) shrimp

1 (9-ounce) package frozen French-style green beans

1 (10½-ounce) can condensed cream of celery soup

2 tablespoons chopped parsley

1 teaspoon lemon juice

1 teaspoon grated onion

½ teaspoon grated lemon rind

½ cup grated cheese

Paprika

Drain shrimp; rinse with cold water.

Cook beans according to package directions; omit salt. Drain thoroughly. Place in well-greased shallow 1½-quart casserole. Cover with shrimp.

Combine soup, parsley, lemon juice, onion, and lemon rind; pour over shrimp. Top with cheese; sprinkle with paprika. Bake in 350°F oven 20 to 25 minutes or until cheese melts and is lightly browned. Yield 6 servings.

## tuna-broccoli casserole

4 eggs

1 cup buttermilk

2 cans (6½ or 7 ounces each) tuna in vegetable oil

½ teaspoon salt

1 pound (2 cups) small-curd creamed cottage cheese

2 packages (10 ounces each) frozen chopped broccoli, thawed, well drained

½ cup chopped onion

1 medium tomato, thinly sliced, or 1 cup sliced cherry tomatoes

½ cup (4 ounces) shredded mozzarella cheese

Beat eggs and buttermilk in large bowl. Add tuna, salt, cottage cheese, broccoli, and onion. Turn into large shallow casserole. Bake in 350°F oven 35 minutes. Top with sliced tomatoes and mozzarella cheese; bake 10 minutes, until set. Yield 8 to 10 servings.

## tuna casserole

8 ounces elbow macaroni

1 large can evaporated milk

1 cup grated cheese

1 (7-ounce) can tuna, drained, flaked

1 teaspoon salt

½ teaspoon dry mustard

1 tablespoon minced onion

2 tomatoes, sliced

½ cup grated cheese

Cook and drain macaroni. Combine with next 6 ingredients; toss until well blended. Put into greased casserole. Top with tomato slices; sprinkle with cheese. Bake in 350°F oven 30 minutes. Yield 4 to 6 servings.

# CHICKEN

## baked chicken breasts en casserole

4 chicken breasts  
1 can chicken broth  
½ cup dry white wine  
2 tablespoons grated onion  
½ cup mayonnaise  
2 tablespoons lemon juice  
1 teaspoon sugar  
1 can cream of chicken soup  
Crushed potato chips  
Slivered almonds

Remove skin from chicken breasts; place in skillet. Add broth, wine, and enough water to cover. Bring to boil; simmer 15 minutes or until tender. Transfer with slotted spoon to casserole.

Boil down broth to ¼ cup.

Mix together onion, mayonnaise, lemon juice, sugar, reduced broth, and soup. Pour over chicken.

Bake in 350°F oven 20 minutes. Cover with potato chips and almonds; bake 10 minutes. Yield 4 servings.

## baked chicken with marinara sauce

½ cup all-purpose flour  
1 teaspoon salt  
¼ teaspoon pepper  
1 (2½- to 3-pound) broiler-fryer chicken, cut up  
3 tablespoons butter or margarine  
1 (15½-ounce) can marinara sauce or 2 cups homemade marinara sauce  
1 teaspoon dried dillweed  
2 tablespoons grated Parmesan cheese

Combine flour, salt, and pepper in brown paper bag. Add chicken a few pieces at a time; shake until coated with flour mixture. Place chicken in single layer in shallow baking dish. Dot with butter.

Bake at 450°F 25 minutes. Remove from oven; pour sauce over chicken. Sprinkle with dillweed and cheese. Reduce heat to 350°F; bake 25 minutes. Serve hot or cold. Makes a great picnic dish. Yield 4 servings.

## barbecued chicken

### *marinade*

½ cup dry white wine  
2 tablespoons oil  
Juice of ½ lemon  
1 small onion, peeled, chopped  
½ teaspoon tarragon

1 chicken (about 3 pounds)

### *herb butter*

½ cup butter or margarine  
4 tablespoons chopped parsley  
2 teaspoons rosemary

Combine all marinade ingredients.

Cut chicken into 8 pieces; put into marinade. Leave several hours; turn frequently. Drain; brush with Herb Butter. Cook on rack over glowing coals; baste several times. Cook until chicken is crisp and golden.

To make Herb Butter, put ingredients into small pan; heat just enough to melt butter. Use half to baste chicken; put rest into refrigerator to firm. Cut into pats; serve on chicken. Yield 4 servings.

## batter-fried chicken breasts

6 to 8 chicken breasts, boned  
2 teaspoons salt  
Dash of pepper

### *batter*

1 egg, lightly beaten  
½ cup milk  
2 tablespoons flour  
1½ cups flour for dredging chicken  
Oil for deep-fat frying

Divide each chicken breast in half to make 12 to 16 pieces. Sprinkle each piece with salt and pepper.

Mix egg and milk in shallow bowl or pie dish. Add flour; mix until very smooth.

Dip each chicken piece in batter; dredge generously in flour. Put 4 or 5 chicken pieces into preheated 375°F oil; deep fry 12 to 15 minutes or until chicken is golden brown on all sides. Drain on paper towels; keep warm in very low oven until all chicken is fried. Yield 4 to 6 servings.

## braised chicken with vegetables

½ cup flour  
1½ teaspoons salt  
¼ teaspoon pepper  
3-pound ready-to-cook broiler-fryer chicken, cut up  
3 tablespoons fat or oil  
¾ cup hot water  
1½ cups sliced carrots  
3 cups sliced celery  
¾ cup finely chopped onion  
¾ cup chopped green pepper

Combine flour, 1 teaspoon salt, and pepper; coat chicken with mixture. Brown chicken in hot



fat in large frypan. Drain excess fat from pan. Add water and  $\frac{1}{2}$  teaspoon salt. Cover tightly; simmer 45 minutes to 1 hour, until chicken is almost tender. Add vegetables; cook 20 to 30 minutes or until vegetables are tender. Yield 6 servings.

## brandied cherry chicken

1 (8-ounce) can pitted Bing cherries  
 $\frac{1}{4}$  cup port wine  
 1 (3-pound) broiler-fryer chicken, quartered  
 1 tablespoon vegetable oil  
 $\frac{1}{4}$  cup brandy  
 $\frac{3}{4}$  cup hot water  
 1 large onion, thinly sliced  
 $\frac{1}{2}$  teaspoon salt  
 Few grains pepper  
 $1\frac{1}{2}$  tablespoons cornstarch

Drain cherries; reserve  $\frac{1}{4}$  cup syrup. Pour reserved syrup and wine over cherries; cover. Marinate in refrigerator 2 hours.

Remove excess fat from chicken.

Heat oil in large skillet over moderately high heat; add chicken; cook until lightly browned on all sides. Remove from heat. Pour brandy over chicken; ignite with match. When flame goes out, add water, onion, salt, and pepper. Cover; cook over moderately low heat 40 to 45 minutes, until chicken is fork-tender. Remove chicken to platter.

Pour juices into measuring cup; remove as much fat as possible.

Drain marinated cherries; reserve liquid. Blend cherry syrup into cornstarch; pour into skillet. Add chicken juices; cook over moderate heat, stirring constantly, until sauce is thickened. Add cherries; cook 2 to 3 minutes to heat cherries. Pour over chicken. Yield 4 or 5 servings.

## breast of chicken florentine

$\frac{1}{2}$  cup flour  
 1 teaspoon salt  
 $\frac{1}{8}$  teaspoon white pepper  
 6 chicken breasts, boned, skinned  
 2 eggs, beaten  
 $\frac{1}{2}$  cup Parmesan cheese  
 $\frac{3}{4}$  cup bread crumbs  
 $\frac{3}{4}$  cup butter  
 1 pound mushrooms, sliced  
 Chopped parsley  
 4 packages frozen leaf spinach  
 2 tablespoons lemon juice  
 Dash of nutmeg

Mix flour, salt, and pepper; dredge chicken with seasoned flour. Dip in egg; coat with cheese and bread crumbs. Refrigerate at least 1 hour.

Heat  $\frac{1}{2}$  cup butter in large skillet; brown chicken on each side. Lower heat; cover. Simmer

25 minutes. Remove chicken from skillet.

Add mushrooms and parsley to drippings; stir over heat 3 minutes.

Cook spinach until tender; drain well. Season with  $\frac{1}{4}$  cup butter, lemon juice, salt, pepper, and nutmeg.

Serve chicken on bed of spinach; top with mushrooms. (Chicken can be cooked in advance and heated in hot oven.) Yield 6 servings.

## broiled chicken sauterne

2 (1½-pound) broiler chickens  
 1 onion, sliced  
 1 sprig parsley  
 1 cup cold water  
 1 cup sauterne  
 2 tablespoons lemon juice  
 Salt and pepper  
 2 tablespoons salad oil  
 1 tablespoon flour  
 1 tablespoon butter

Split broilers. Put necks in saucepan with giblets, onion, parsley, and water. Cover; simmer until giblets are tender. Add wine; strain. (This sauce is to be used for basting during broiling.) Chop giblets fine; set aside. Sprinkle chicken with lemon juice, salt, and pepper; brush with oil. Place, skin-side-down, in shallow pan; place under broiler, about 30 minutes. Turn occasionally; baste frequently with wine sauce. When chickens are tender and well browned, remove from pan.

Thicken remaining sauce with flour and butter rubbed together. Add giblets; season to taste. Pour a little sauce over each serving of chicken. Yield 4 servings.

## broiled spring chicken

2 small broiler chickens  
 Salt and pepper to taste  
 $\frac{1}{2}$  cup melted butter  
 4 tablespoons lemon juice

Remove wing tips from broilers. Split from necks through breasts; leave backs together. Place on chopping board; flatten with a rolling pin. Run skewer through each chicken to keep flat. Season with salt and pepper. Place, skin-side-up, on rack in broiler pan.

Combine butter and lemon juice; brush broilers with mixture. Place broiler pan 3 or 4 inches from heat source; broil 2 minutes. Lower pan to about 10 inches from heat source; broil about 40 minutes or until broilers are tender. Turn frequently; baste with butter mixture each time. Place on platter; garnish with endive. Yield 2 servings.



*broiled spring chicken*

## **brown chicken fricassee**

**1 (3-pound) chicken, disjointed**  
**Salt and pepper to taste**  
**½ cup butter**  
**½ to 1 teaspoon thyme leaves**  
**½ to 1 teaspoon leaf marjoram**  
**1 large onion studded with 12 cloves**  
**½ lemon**  
**¾ cup Burgundy**  
**⅛ teaspoon nutmeg**  
**⅛ teaspoon mace**  
**1 cup half-and-half cream**  
**¼ cup all-purpose flour**  
**3 egg yolks, beaten**  
**¼ cup tomato puree (optional)**

Season chicken with salt and pepper; place in large saucepan. Add butter, thyme, marjoram, onion, lemon, Burgundy, nutmeg, and mace. Add enough water to cover. Bring to boil; reduce heat. Cover; simmer about 30 minutes or until chicken is very tender. Remove chicken from broth; discard lemon and onion. Cool chicken until easily handled. Remove skin and bones; dice chicken coarsely or leave in large pieces.

Mix enough cream into flour to make smooth thin paste; stir into broth.

Combine egg yolks with remaining cream; blend into broth gradually, stirring constantly. Cook

over medium heat, stirring constantly, until thickened; do not allow to boil. Stir in tomato puree. Add chicken. Season with salt and pepper, heat through. Serve with baked croutons; garnish with lemon slices and parsley sprigs. Yield 8 servings.

## **chicken with biscuit topping**

### *filling*

**2 tablespoons vegetable oil**  
**1 small onion, peeled, chopped**  
**½ green pepper, finely chopped**  
**⅔ cup sliced mushrooms**  
**2 tablespoons cornstarch**  
**1½ cups milk**  
**1½ to 2 cups cooked chicken, cut into cubes**  
**Salt and pepper**

### *biscuits*

**2 cups flour**  
**1 teaspoon salt**  
**2½ teaspoons baking powder**  
**⅓ cup butter or margarine**  
**About ⅓ cup milk**

Heat oil in skillet. Add onion, green pepper, and mushrooms; sauté a few minutes. Add cornstarch; cook 1 minute, stirring all the time. Add milk gradually; stir until boiling. Add chicken and seasoning. Turn into deep 8- or 9-inch pie plate.

To make biscuits sift flour, salt, and baking





*brown chicken fricassee*

powder. Cut in butter with pastry blender until mixture looks like coarse bread crumbs. Using fork, stir in enough milk to make soft but not sticky dough. Knead lightly on floured board; roll about 1/2 inch thick. Cut into 1 1/2 inch rounds with cookie cutter. Place rounds on top of chicken mixture; brush with milk. Bake 10 to 15 minutes. Yield 4 servings.

## chicken with brandy cream

**3 tablespoons butter**  
**1 tablespoon oil**  
**1 cup slivered onion**  
**1/2 pound mushrooms, cleaned, sliced**  
**1/4 cup flour**  
**Salt and pepper**  
**4 chicken breast fillets (1 pound total) or bone and skin 1 1/2 pounds split chicken breasts**  
**2 tablespoons brandy**

*chicken with biscuit topping*

**1 cup heavy cream**

**1/2 teaspoon crumbled dried tarragon**

**1 egg yolk**

Heat 2 tablespoons butter and oil in heavy skillet over moderate heat. Add onion; sauté until tender. Add mushrooms; sauté 3 minutes, stirring occasionally. Remove from pan with slotted spoon; reserve.

Combine flour, salt, and pepper; dredge chicken breasts in mixture.

Add 1 tablespoon butter to skillet; melt over moderate heat. Add chicken; brown well on both sides.

Warm brandy. Ignite; pour over chicken. Add cream and tarragon; heat through.

Beat egg yolk well. Add some of hot sauce to egg yolk; beat. Add to chicken; mix well. Add mushrooms and onions; cook stirring frequently, until thickened. Serve immediately. (Take care not to boil mixture after adding cream.) Yield 4 servings.





## CHICKEN

### chicken cacciatore

- 1 (3-pound) chicken
- 3 tablespoons vegetable oil
- 1 clove garlic
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 1 teaspoon rosemary
- 6 anchovy fillets, chopped
- $\frac{1}{3}$  cup wine vinegar
- $1\frac{1}{3}$  cups dry red wine
- 3 tablespoons tomato paste
- $\frac{1}{2}$  cup chicken bouillon

Cut chicken into serving pieces.

Heat oil in large frypan; sauté chicken and garlic 5 minutes. Turn chicken often. Remove garlic. Add salt, pepper, rosemary, anchovies, vinegar, and wine. Simmer, uncovered, until liquid is reduced by one-third.

Dissolve tomato paste in bouillon; pour over chicken. Simmer, covered, 20 minutes or until chicken is done. Yield 4 servings.

### chicken and cheesy rice ring

- 6 tablespoons butter
- 2 onions, finely chopped
- 2 cups cooked rice
- 1 egg, beaten
- 1 cup milk

- 1 teaspoon turmeric
- 1 cup grated cheddar cheese
- 2 tablespoons chopped mixed herbs
- Salt and pepper
- $\frac{1}{2}$  teaspoon dry mustard
- 1 teaspoon paprika
- 4 to 6 large mushrooms
- 2 tablespoons flour
- 1 cup stock (or canned chicken broth)
- 3 cups diced cooked chicken (or chicken and ham)
- Pinch of nutmeg
- 1 green or red pimiento, coarsely chopped
- 3 to 4 tablespoons bread or cornflake crumbs

Melt 5 tablespoons butter; cook onions 4 or 5 minutes to soften, without browning. Remove half; put into bowl. Add rice to onion in bowl. Add egg mixed with milk, turmeric,  $\frac{3}{4}$  cup cheese, and 1 tablespoon herbs. Season with salt, pepper, mustard, and half the paprika.

Butter 7-inch ring mold; fill with rice mixture, packing it in well. Bake about 20 minutes. When firm and cooked, remove from oven; turn onto platter.

Meanwhile, prepare chicken sauce: Add sliced mushrooms to onion in pan; cook 2 minutes. Remove from heat. Add flour; mix well. Add stock; blend well; bring to boil. Cook few minutes. Add chicken, remaining herbs, and seasonings; flavor with nutmeg.

Boil pimiento five minutes. Drain; add to sauce.

*chicken and cheesy rice ring*





Keep sauce warm to allow flavors to blend. Spoon hot sauce into center of rice ring. Excess can be reheated and served separately. Sprinkle top with remaining cheese and crumbs mixed; dot with 1 tablespoon butter. Brown under broiler or in hot oven few minutes. Sprinkle with paprika; serve hot. Yield 4 to 6 servings.

## chicken with chocolate

1 (3-pound) chicken, disjointed  
Salt and pepper  
All-purpose flour  
2 tablespoons butter  
2 tablespoons olive oil  
1½ cups Basic Chicken Stock (see Index)  
or canned chicken broth  
½ ounce bitter chocolate, melted  
½ teaspoon cinnamon  
½ cup chopped blanched almonds  
½ cup finely chopped onions  
1 cup grated carrots  
½ cup raisins  
12 pitted prunes  
Chopped parsley  
Whole almonds

Season chicken with salt and pepper; dredge with flour.

Melt butter and oil in large skillet. Add chicken; brown on both sides. Remove chicken to oven-proof dish.

Add 2 tablespoons flour to pan drippings; cook until browned, stirring constantly. Add stock gradually; cook, stirring constantly, until thick-



*chicken with chocolate*

ened. Blend in chocolate and cinnamon; add salt and pepper, if needed. Stir in remaining ingredients (except parsley and whole almonds); pour over chicken.

Bake, covered, in preheated 325°F oven 45 minutes. Garnish with chopped parsley and blanched whole almonds. Yield 4 servings.

## chicken chow mein

1 green sweet pepper, sliced  
1 red sweet pepper, sliced  
1 cup boiling water  
2½ tablespoons butter  
1 small onion, chopped  
2 stalks celery, sliced  
1 tablespoon flour  
1 cup chicken broth

*chicken chow mein*



## CHICKEN

**2 tablespoons soy sauce**  
**Freshly ground pepper to taste**  
**1 4-ounce can sliced mushrooms, drained**  
**8 ounces cooked chicken breast, cut into bite-size pieces**  
**6 cups water**  
**8 ounces egg noodles**  
**Salt**  
**Oil for frying**

**4 ounces sliced almonds, toasted, slightly salted**  
Blanch green and red peppers in boiling water 5 minutes. Remove; drain.

Heat 1½ tablespoons butter in saucepan. Add onion and celery; sauté until onion is transparent. Sprinkle with flour. Pour in broth; bring to boil, stirring constantly. Simmer 10 minutes. Season with soy sauce and pepper. Add peppers, mushrooms, and chicken. Cover; simmer 15 minutes.

Meanwhile, bring 6 cups slightly salted water to boil. Add noodles; cook 4 to 5 minutes. Drain; rinse with cold water. Set aside ⅓ of noodles. Place rest of noodles in heated bowl; add 1 tablespoon butter. Cover; keep warm.

Heat oil in skillet until very hot.

Cut reserved noodles into approximately 2-inch-long pieces. Add to hot oil; fry until golden. Drain on paper towels.

To serve, spoon chicken mixture over buttered noodles; top with fried noodles and toasted almonds. Yield 4 servings.

### chicken cooked with corn

**1 (2½- to 3-pound) broiler-fryer chicken**  
**4 tablespoons butter or margarine**  
**Salt and pepper to taste**  
**1 (16½-ounce) can whole-kernel corn, drained, liquid reserved**  
**½ cup chopped green chilies (optional)**

#### sauce

**3 tablespoons butter or margarine**  
**2 tablespoons flour**  
**1 cup half-and-half cream**  
**2 eggs, separated**  
**Salt and white pepper**  
**¼ teaspoon nutmeg**  
**2 tablespoons bread crumbs**  
**2 tablespoons butter**

Preheat oven to 350°F.

Wash chicken; pat dry. Cut into quarters.

Heat butter in heavy skillet. Brown chicken on all sides.

Place chicken in ovenproof casserole. Season with salt and pepper.

Add corn, chilies, and ¼ cup reserved corn liquid to juices in skillet. Stir well; pour over chicken.

Make sauce: Melt butter in saucepan. Add

flour; cook until evenly and lightly browned, stirring constantly. Add cream all at once; cook over medium heat, stirring, until slightly thickened.

Beat egg yolks, salt, pepper, and nutmeg together. Add some hot sauce to egg yolks; beat well. Pour egg-yolk mixture into saucepan; mix well. Remove from heat.

Beat egg whites until stiff but not dry; fold into sauce. Pour sauce over chicken. Sprinkle with bread crumbs; dot with butter. Bake in oven 45 minutes. Yield 4 servings.

### chicken cordon bleu

**4 single chicken breasts**  
**4 tablespoons chopped cooked ham**  
**4 tablespoons grated Swiss cheese**  
**1 small clove garlic, crushed**  
**1 to 2 tablespoons white wine**  
**½ teaspoon salt**  
**⅛ teaspoon white pepper**  
**3 to 4 tablespoons seasoned flour**  
**1 large egg**  
**¼ cup oil**  
**6 to 8 tablespoons dried white bread crumbs**  
**4 to 5 tablespoons butter**

Place chicken breasts skin-side-down. With sharp knife cut a shallow slit down center of each without cutting through to skin. Cut shallow pockets on either side of these slits.

Mix ham and cheese with garlic and a little white wine to moisten. Season well. Fill pockets in chicken breasts; seal slit with small finger-shaped fillet attached to each breast. Put in refrigerator to chill 30 minutes. Coat well in seasoned flour. Brush carefully with egg beaten with 1 teaspoon oil; roll in bread crumbs.

Heat oil; add butter. When foaming, fry chicken breasts until tender, golden brown, and crisp all over. Drain on paper towel. Yield 4 servings.

### chicken cordon gold

**12 boneless chicken-breast halves**  
**¾ cup flour**  
**2 teaspoons salt**  
**½ teaspoon white pepper**  
**1 package Boursin herb cheese**  
**12 thin slices ham**  
**¼ cup melted butter**  
**1 cup plus 2 tablespoons Galliano liqueur**  
**⅓ cup butter**  
**½ pound sliced mushrooms**  
**1 bunch parsley**

Dredge chicken in flour mixed with salt and pepper. Place 2 tablespoons cheese and a slice of ham on each breast. Roll up each breast; secure





*chicken-corn-carrot platter*

with toothpicks. Close ends with toothpicks. Brown lightly in butter. Pour in 1 cup Galliano; cover skillet. Simmer until tender, about 30 minutes.

Heat  $\frac{1}{3}$  cup butter and 2 tablespoons Galliano in second skillet. Add mushrooms; sauté until crisp. Add parsley; sauté 3 minutes. Combine mixture with chicken 5 minutes before serving. Remove toothpicks before serving. Yield 6 servings.

## chicken-corn-carrot platter

6 tablespoons butter  
2 (1-pound) chicken breasts, halved  
4 medium carrots, thinly sliced  
4 ears of corn, halved  
2 tablespoons chopped chives  
2 teaspoons salt  
 $\frac{1}{8}$  teaspoon garlic powder

Melt 2 tablespoons butter in skillet over medium heat. Add chicken; cook until browned. Place each chicken half on 12 × 18-inch piece of heavy-duty aluminum foil; arrange  $\frac{1}{4}$  carrots and corn around each chicken half.

Add remaining butter, chives, salt, and garlic powder to butter in skillet; heat, stirring frequently, until butter is melted. Pour over chicken and vegetables on each piece of foil. Seal foil pockets; use double fold on top and sides. Place on baking sheet. Bake in preheated 350°F oven 1 $\frac{1}{4}$  hours. Arrange chicken breasts on heated platter. Surround with carrots; top with corn. Garnish with parsley. Yield 4 servings.

## chicken crisps

3 tablespoons butter  
2 tablespoons flour  
1 cup milk  
8 mushrooms, sliced  
4 tablespoons stock  
2 cups chopped or diced cooked chicken  
 $\frac{1}{2}$  cup cooked peas or corn  
5 thick slices white bread  
1 cup oil  
1 tablespoon chopped parsley

Make cream sauce: Melt 3 tablespoons butter; blend in flour. Gradually add milk; when smooth,

## CHICKEN

bring to boil, stirring constantly. Boil 3 minutes; cool slightly.

Slice mushrooms; cook in stock 3 to 4 minutes. Chop or dice chicken; mix with mushrooms and cooked vegetables. Add mixture to cream sauce; season well. Heat thoroughly; keep warm.

Remove crusts from bread; with small cutter cut 4 crescent-shaped pieces from 1 slice.

Heat oil; add 1 tablespoon butter. When foaming, fry bread slices and crescents until golden brown on both sides; drain on paper towel.

Arrange squares on serving dish; spoon hot chicken mixture onto squares. Decorate with crescents and chopped parsley. Yield 4 servings.

### chicken croquettes

4 cups cooked chicken, put through meat grinder

1 cup chopped celery

1 tablespoon grated onion

4 tablespoons butter

4 tablespoons flour

1 cup milk

1 teaspoon salt

Generous dash of freshly ground pepper

1 egg, beaten with 1 tablespoon milk

1 cup cracker meal

Oil for deep frying

2 cans cream of mushroom soup for quick sauce

Mix chicken and celery in large bowl; set aside.

Sauté onion in butter in small saucepan until onion is transparent. Blend flour. Add milk; heat, stirring constantly. When slightly thickened, add salt and pepper; simmer just 3 minutes. Add sauce to chicken and celery; chill several hours.

Shape chicken into rolls about 3 inches long. Dip into egg; roll in cracker meal. Place croquettes on waxed-paper-lined baking sheet; chill in refrigerator at least 3 hours.

Fry croquettes in deep fat, a few at a time, until brown on all sides; drain on paper towels. Can be kept warm in very low (250°F) oven until ready to serve.

For a quick sauce with croquettes, heat cream of mushroom soup over low heat; stir until piping hot. If you prefer thinner sauce, add milk by ¼ cups; stir until desired consistency is reached. Yield 4 to 6 servings.

### chicken curry

1 frying chicken, cut into serving pieces

2 tablespoons vegetable oil

2 tablespoons butter or margarine

2 cups cooked barley

1 medium onion, minced

2 cups chicken broth

Salt and pepper to taste

2 teaspoons curry powder

1 teaspoon marjoram

1 cup plain yogurt

1 tomato, peeled, seeded, cut into bite-size pieces

Brown chicken in oil and butter in large skillet. Remove chicken from pan; place on bed of barley in Dutch oven or flameproof casserole.

Cook onion until transparent in same skillet in remaining oil and butter. Remove; place on top of chicken. Pour 1½ cups broth over chicken and barley. Sprinkle with salt, pepper, curry powder, and marjoram. Cover; cook over low heat 30 minutes. Remove cover. Add yogurt, tomato, and ½ cup broth, if needed. Cook, uncovered, 20 to 30 minutes, until chicken is tender. Yield 4 to 6 servings.

### chicken delight

Flour seasoned with salt, pepper, and garlic salt

1 (2- to 3-pound) frying chicken, cut into serving pieces

2 tablespoons butter or margarine

2 tablespoons oil

1 small can mandarin oranges with juice

4 tablespoons lemon juice

½ cup orange juice

2 tablespoons honey

2 teaspoons soy sauce

½ teaspoon ginger

Put seasoned flour into brown paper bag. Shake chicken pieces in bag to coat with flour mixture.

Heat butter and oil in skillet; brown chicken pieces.

Drain oranges; reserve juice. Mix juice with lemon and orange juices, honey, soy sauce, and ginger. Pour sauce over chicken in skillet. Cover; simmer 30 minutes. When chicken is fork-tender, add oranges; simmer just 5 minutes more. Yield 4 to 6 servings.

### chicken à la française

2 bunches celery

2 (3-pound) chickens

2 tablespoons lemon juice

2½ teaspoons salt

¼ teaspoon freshly ground pepper

¼ teaspoon garlic powder

1 cup diced onions

2 tablespoons melted butter

1¾ cups Basic Chicken Stock (see Index)

2 tablespoons all-purpose flour

¼ cup water

Preheat oven to 425°F.

Trim stem ends of celery; keep bunches intact. Cut leaves off bunches of celery; reserve for stuffing. Cut each celery bunch lengthwise into 4 pieces; set aside.

Brush chickens inside and out with lemon juice.





Combine salt, pepper, and garlic powder; rub in cavities and on skin of chickens. Fill chicken cavities with reserved celery leaves and onions; secure openings with skewers. Place chickens in shallow dish; cover. Chill 2 to 4 hours to blend seasonings with chickens. Place chickens on rack in roasting pan; brush with butter. Bake in oven 30 minutes or until browned. Arrange celery bunch pieces around chickens. Pour stock into pan; cover pan. Reduce oven temperature to 375°F, bake 1 hour

*chicken à la française*

or until chickens are tender. Remove celery mixture from chicken cavities; discard.

Arrange chickens on heated serving platter; surround with the celery pieces.

Drain 2 cups pan liquid into saucepan; bring to boil. Mix flour and water until smooth; stir into pan liquid. Cook, stirring constantly, until thickened; pour into gravy boat. Serve with chickens. Yield 8 to 10 servings.





*chicken with green peppers and bamboo shoots in oyster sauce*

## chicken with green peppers and bamboo shoots in oyster sauce

### *sauce*

- 1 small onion, sliced
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce (found in Oriental food stores and some supermarkets)
- $\frac{3}{4}$  cup chicken broth
- 1 teaspoon brown sugar
- 1 teaspoon freshly grated gingerroot
- 1 tablespoon cornstarch in 2 tablespoons water

### *chicken-vegetable mixture*

- 1 tablespoon vegetable oil
- 1 large green pepper, cut into  $\frac{3}{4}$ -inch cubes
- $\frac{1}{4}$  cup sliced bamboo shoots
- $\frac{1}{4}$  pound small whole mushrooms
- 2 whole chicken breasts, split, skinned, boned, cut into pieces
- $\frac{1}{2}$  cucumber, peeled, cut into chunks

To make sauce, simmer together all sauce ingredients 8 to 10 minutes; stir occasionally.

Meanwhile heat oil in frypan (or wok); stir-fry green pepper 3 minutes. Remove; reserve. Stir-fry bamboo shoots and mushrooms 2 to 3 minutes; reserve with green pepper. Add chicken to frypan; stir-fry 3 to 4 minutes or until done. Return

vegetables to pan with chicken. Add cucumber. Immediately add oyster sauce; heat through. Serve with rice. Yield 4 servings.

## chicken kampama

- 3 pounds cut up chicken
- 2 tablespoons butter
- 2 tablespoons olive oil
- 2 medium onions, chopped
- 2 cloves garlic, minced
- 1 cup canned tomatoes
- $\frac{1}{2}$  of 6-ounce can tomato paste
- 2 sticks cinnamon
- $\frac{1}{4}$  teaspoon ground allspice
- $\frac{1}{2}$  teaspoon sugar
- $\frac{1}{4}$  cup red wine

In large skillet brown chicken on all sides in butter and olive oil; remove from pan.

Brown onions and garlic. Add tomatoes, tomato paste, seasonings, and wine; bring to boil. Add chicken. Reduce heat to simmer; cook 1 to  $1\frac{1}{2}$  hours or until tender. Yield 4 or 5 servings.

## chicken kiev with sherry sauce

- 2 whole chicken breasts, split, bones, skinned
- 1 tablespoon chopped chives
- 1 tablespoon chopped parsley



½ clove garlic, minced  
 ½ teaspoon salt  
 ⅛ teaspoon pepper  
 ½ cup grated low-fat mozzarella cheese  
 Toothpicks  
 2 tablespoons vegetable oil  
 1 tablespoon flour  
 ¼ cup dry sherry  
 1 cup chicken bouillon or broth

Pound each chicken breast half with flat side of meat mallet to ¼ inch thick. Sprinkle seasonings evenly over chicken pieces. Cover surfaces with cheese; roll up each half breast with cheese enclosed. Secure with toothpick.

Heat oil in large frypan; sauté chicken rolls until golden brown, about 8 minutes. Place in shallow baking dish.

Preheat oven to 350°F.

Make sauce: Stir flour into drippings in frypan; stir until smooth. Remove from heat. Add sherry and bouillon. Return to heat; heat to boiling, stirring constantly. Reduce sauce by boiling until slightly thickened. Spoon over chicken; cover. Bake 30 minutes. Remove toothpicks before serving. Yield 4 servings.

### chicken a la king

½ pound mushrooms, sliced  
 ½ cup butter or margarine  
 ½ cup flour  
 2 cups chicken broth  
 2 cups light cream

2 egg yolks, beaten  
 3 cups diced cooked chicken or turkey  
 ½ cup pimiento, cut into strips  
 1 teaspoon salt  
 ¼ teaspoon pepper

Sauté mushrooms in butter in medium-size heavy skillet.

Mix flour with chicken broth. Add to skillet; stir. Add cream; simmer 5 minutes. Add egg yolks, chicken, and pimiento; stir until thoroughly hot, but do not let mixture boil. Add salt and pepper. Spoon over toast or English muffins. Yield 6 to 8 servings.

### chicken in lemon-dill butter

¼ pound butter or margarine  
 2 tablespoons lemon juice  
 1 teaspoon salt  
 1 clove garlic, minced  
 Dash of pepper  
 ½ teaspoon paprika  
 1 can sliced mushrooms, drained  
 1 tablespoon dillweed  
 1 (2½ to 3-pound) frying chicken, cut into serving pieces

Melt butter in large skillet. Add all ingredients (except chicken) in order given; bring to boil. Add chicken; bring to boil, but do not actually boil. Cover skillet; lower heat. Simmer 30 minutes or until chicken is tender. Remove chicken to platter. Serve with noodles or rice, over which remaining liquid has been poured. Yield 4 to 6 servings.

*chicken in lemon-dill butter*





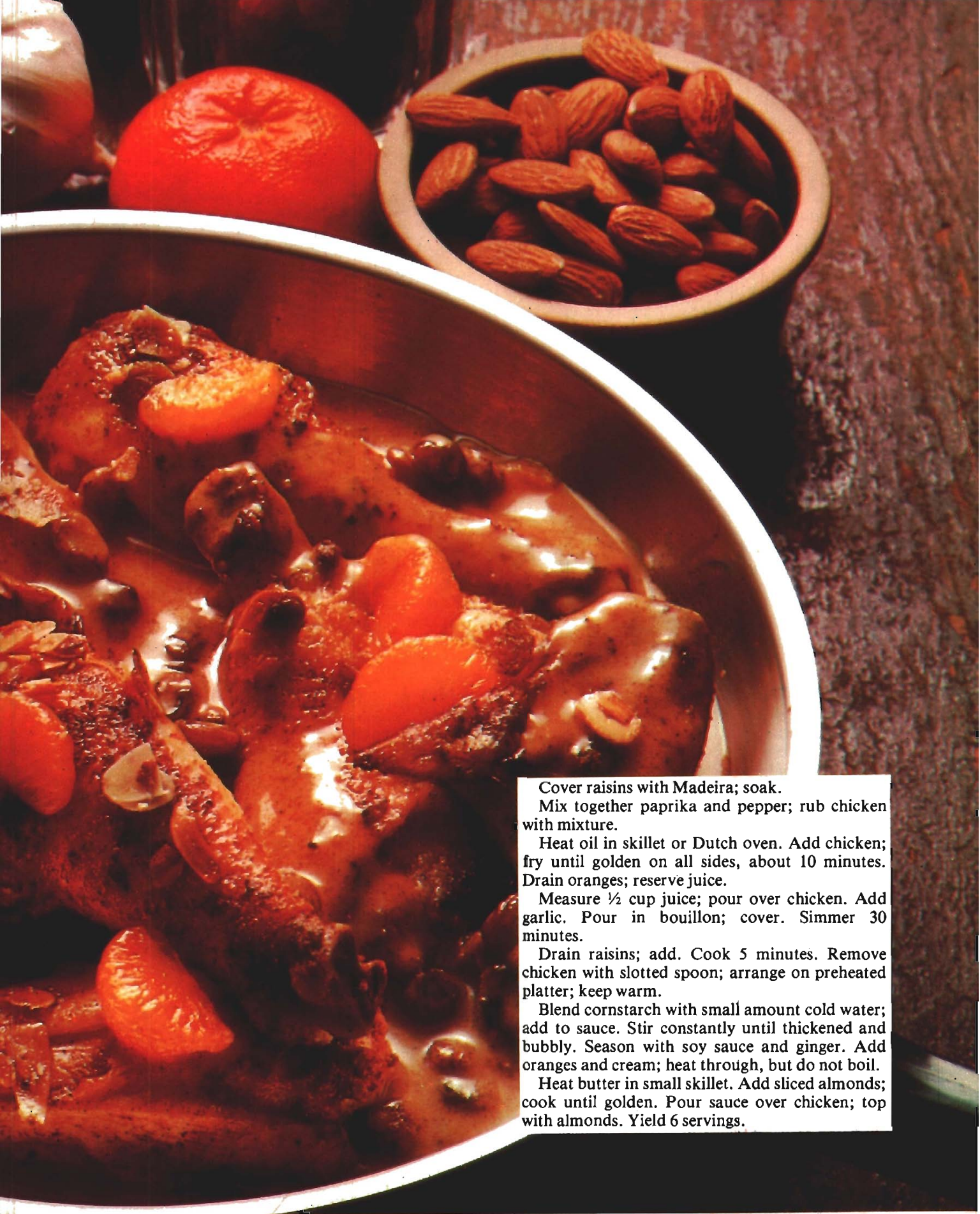


## chicken with mandarin oranges and almonds

2 ounces seedless raisins  
1 jigger Madeira  
2 teaspoons paprika  
1 teaspoon white pepper  
1 large chicken, 3½ to 4 pounds, cut into serving pieces  
5 tablespoons oil  
1 (11-ounce) can mandarin oranges, drained  
1 clove garlic, minced  
½ cup hot beef bouillon  
1 tablespoon cornstarch  
1 tablespoon soy sauce  
½ teaspoon powdered ginger  
½ cup heavy cream, lightly beaten  
1 tablespoon butter  
2 tablespoons sliced almonds

*chicken with mandarin oranges and almonds*





Cover raisins with Madeira; soak.

Mix together paprika and pepper; rub chicken with mixture.

Heat oil in skillet or Dutch oven. Add chicken; fry until golden on all sides, about 10 minutes. Drain oranges; reserve juice.

Measure  $\frac{1}{2}$  cup juice; pour over chicken. Add garlic. Pour in bouillon; cover. Simmer 30 minutes.

Drain raisins; add. Cook 5 minutes. Remove chicken with slotted spoon; arrange on preheated platter; keep warm.

Blend cornstarch with small amount cold water; add to sauce. Stir constantly until thickened and bubbly. Season with soy sauce and ginger. Add oranges and cream; heat through, but do not boil.

Heat butter in small skillet. Add sliced almonds; cook until golden. Pour sauce over chicken; top with almonds. Yield 6 servings.



## CHICKEN

### chicken marengo

- 2 (3-pound) frying chickens
- ¼ cup vegetable oil
- 1 onion, thinly sliced
- 3 tablespoons brandy
- 2 (1-pound) cans Italian tomatoes, drained
- ½ cup dry white wine
- 2 cloves garlic, pressed
- ½ teaspoon dried thyme
- 1 bay leaf
- 4 sprigs fresh parsley
- 1 cup Basic Chicken Stock (see Index) or canned chicken broth
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 cup small cleaned shrimp
- ½ pound fresh mushrooms, sliced
- ¼ cup butter
- 2 tablespoons lemon juice
- 2 tablespoons freshly minced parsley

Remove skin from chickens; cut each chicken into quarters.

Pour oil into large, heavy skillet; place over medium heat until hot. Add onion; sauté, stirring frequently, until golden brown. Remove onion from skillet with slotted spoon; set aside.

Add chicken to oil remaining in skillet; cook until browned on all sides.

Heat brandy; pour over chicken. Ignite brandy; flame, shaking skillet until flame dies.

Place tomatoes in blender or food-processor container; process until pureed. Add to skillet. Add wine, garlic, thyme, bay leaf, parsley sprigs, stock, tomatoes, salt, pepper, and sautéed onions. Cover skillet; simmer 1 hour or until chicken is tender. Remove chicken from sauce; keep warm.

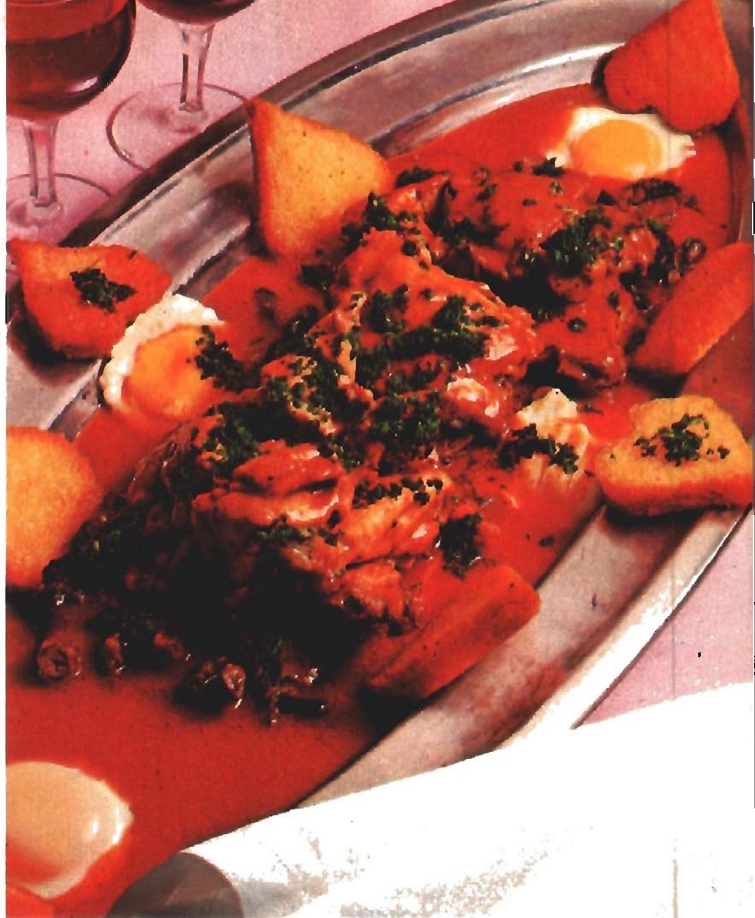
Strain sauce, if desired. Add shrimp to sauce; simmer 5 minutes.

Sauté mushrooms in butter in saucepan until tender; stir in lemon juice. Add to sauce; heat through.

Arrange chicken on heated serving platter; pour sauce over chicken. Sprinkle with minced parsley. Yield 8 servings.

### chicken with mushrooms and celery

- 2 tablespoons vegetable oil
- 1 small onion, sliced
- 3 stalks celery, cut into ¼-inch slices
- ¼ pound whole mushrooms; quarter if large
- 1 broiler-fryer chicken, skinned, boned, cut into bite-size pieces
- ¾ cup chicken broth or bouillon
- 2 teaspoons soy sauce



*chicken marengo*

- 1½ tablespoons cornstarch in 2 tablespoons water
- 2 tablespoons dry sherry (optional)

Heat oil in frypan (or wok); stir-fry onion and celery 3 minutes. Remove; reserve. Add mushrooms to frypan; stir-fry 2 minutes. Remove; reserve with onion. Stir-fry chicken 4 to 5 minutes or until done. Return vegetables to pan. Add rest of ingredients; heat until sauce is thickened. Stir constantly. Serve immediately with rice. Yield 4 servings.

### chicken normandy

- 1 chicken (about 3½ pounds)
- Salt and pepper
- 4 tablespoons oil
- 1 onion, peeled, sliced
- 2 stalks celery, sliced
- 2 large apples, peeled, cored, sliced
- 2 tablespoons flour
- 1½ cups chicken bouillon or water
- Pinch of thyme
- Pinch of marjoram
- 2 tablespoons grated cheese
- Boiled rice

Joint chicken into small pieces; season with salt and pepper.

Heat 3 tablespoons oil in pan. Add pieces of chicken (a few at a time); brown well. Remove pieces as they are browned.

Put onion, celery, and apples into remaining oil; cook until onion is tender. Add 1 tablespoon oil. Stir in flour; mix well. Gradually add



bouillon; stir until boiling. Return chicken to sauce. Add thyme, marjoram, and a little seasoning. Cover; simmer until chicken is tender. Adjust the seasoning to taste. Stir in cheese.

To serve, put some hot cooked rice onto large platter; arrange pieces of chicken on top. Pour sauce over. Serve excess sauce separately. Yield 6 servings.

## chicken paprika

- 1 chicken, 2½ to 3 pounds
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 2 tablespoons paprika
- 1 clove garlic, minced
- ½ teaspoon salt
- 1 teaspoon caraway seeds
- 1 cup hot water
- 1 scallion or leek, cut lengthwise, sliced
- 1 small carrot, sliced
- 1 small stalk celery, sliced
- 2 medium potatoes, peeled, cubed
- ½ cup chicken broth or bouillon
- 3 tomatoes
- 1 red pepper, cubed
- 1 green pepper, cubed
- Parsley for garnish, chopped

Skin and bone chicken; cut into bite-size pieces.

Heat oil in 4-quart Dutch oven; sauté onion. Sprinkle 1 tablespoon paprika over onions; stir well. Add garlic, salt, caraway seeds, and ½ cup water. Simmer over low heat 10 minutes. Add chicken pieces. Cover; simmer 5 minutes. Add additional ½ cup water; cover. Simmer 15 minutes. Add scallion, carrot, celery, potatoes, and broth to chicken. Simmer 10 minutes.

*chicken paprika*

Peel and chop 2 tomatoes. Add peppers, chopped tomatoes, and 1 tablespoon paprika to Dutch oven. Cover; simmer 15 minutes. Correct seasoning if necessary. Serve garnished with 1 sliced tomato and parsley. Yield 4 servings.

## chicken parmesan with mushroom marsala sauce

- 2 to 3 tablespoons olive oil
- 6 to 8 pats butter
- 1 cup seasoned bread crumbs
- 1 cup freshly grated Parmesan cheese
- 1 tablespoon Herbes d'Provence (or herbs of your choice)
- 6 single chicken breasts (deboned)
- 1 cup flour seasoned with salt and pepper, on plate
- 2 eggs, beaten in medium-size bowl

Pour oil in center of 12-inch frying pan. Place pats of butter around oil; heat slowly to cooking temperature.

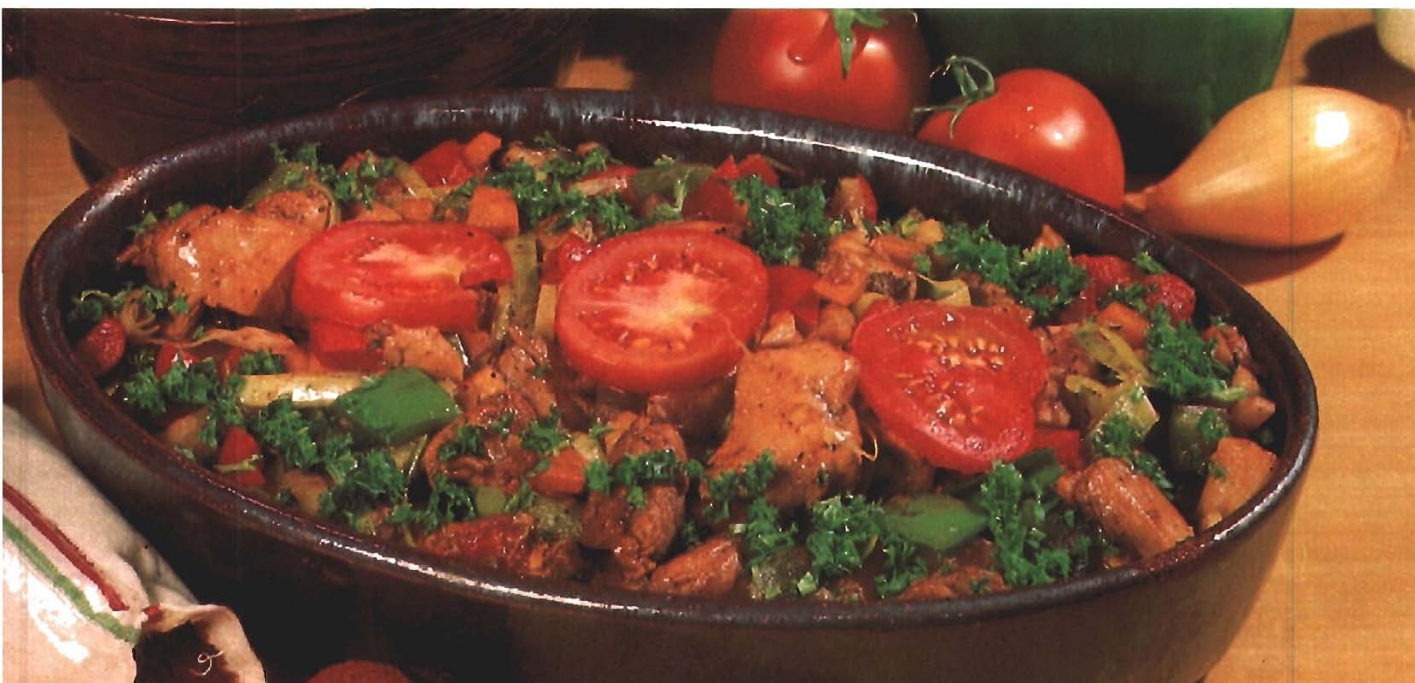
Combine bread crumbs, cheese, and herbs on plate.

Wash and pat dry chicken. Coat with seasoned flour; dip in eggs. Coat with bread-crumbs mixture. Set aside on waxed paper or rack; repeat procedure for all pieces. Let stand in refrigerator 2 to 3 hours. Place all pieces in frying pan at same time; fry to golden brown. Pour sauce over chicken just before serving. Yield 6 servings.

### *mushroom marsala sauce*

- 1 pound fresh mushrooms
- 3 to 4 tablespoons butter
- ½ cup Marsala wine (or to taste)

Clean mushrooms; sauté in butter. Add wine; stir until hot (do not bring to boil).



## CHICKEN

### chicken in potato nest

- 2 cups cooked mashed potatoes
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- Salt to taste
- ½ teaspoon pepper
- 1 cup chicken broth
- ¼ cup heavy cream
- 1 small can (about 3 ounces) sliced mushrooms
- 2 cups diced cooked chicken
- 2 tablespoons grated Parmesan cheese

Preheat oven to 400°F.

Line buttered 8- or 9-inch pie plate with potatoes.

Melt butter in pan; stir in flour and seasonings. Add broth gradually; stir until boiling. Add cream and mushrooms; cook a few minutes.

Put chicken into pie plate. Pour sauce over; sprinkle with cheese. Bake 25 to 30 minutes. Yield 4 servings.

### chicken provençale

- 4 single chicken breasts, each approximately 8 to 10 ounces
- 3 tablespoons vegetable oil
- ½ teaspoon salt
- ⅛ teaspoon white pepper

- 1 medium tomato
- 5 black olives
- 1 clove garlic, minced
- ½ cup dry white wine
- 3 tablespoons water
- ¼ teaspoon instant chicken bouillon (or ½ cube)
- ¼ cup yogurt

#### Parsley for garnish

Bone chicken breasts.

Heat oil in large frypan; fry chicken breasts approximately 15 minutes, until golden brown and completely cooked. Season with salt and pepper. Arrange on preheated platter; keep warm.

Peel and chop tomato; slice olives. Add tomato, olives, and garlic to pan drippings. Pour in wine and water; stir in dry bouillon. Bring to boil; simmer, uncovered, 8 minutes. Cool sauce slightly; gradually add yogurt. Warm sauce over low heat if necessary. Pour over chicken breasts; garnish with parsley. Yield 4 servings.

### chicken in red wine

- 1 (3- to 4-pound) chicken, cut into serving pieces
- ⅓ cup vegetable oil
- ¼ cup cognac
- 2 medium onions, quartered
- 1 clove garlic, minced

*chicken in red wine*





**3 cups Burgundy wine**  
**¼ teaspoon thyme**  
**½ tablespoon tomato paste**  
**1 bay leaf**  
**½ teaspoon salt**  
**⅛ teaspoon pepper**  
**3 strips bacon, cut into 2-inch strips**  
**1 4-ounce can button mushrooms, drained, or**  
**¾ cup small mushrooms, quartered**  
**1 tablespoon butter, softened**  
**1 tablespoon flour**  
**2 slices white bread (optional)**  
**2 tablespoons oil**  
**1 tablespoon butter**  
**1 or 2 parsley sprigs**

Brown chicken in hot oil in large Dutch oven; drain fat. Pour in cognac; carefully ignite. When flames subside, add onions, garlic, wine, thyme, tomato paste, bay leaf, salt, and pepper. Bring mixture to boil; simmer, covered, 1 hour. Skim off fat; correct seasonings. Discard bay leaf.

Meanwhile, place bacon in frypan; cook until done. Remove bacon; sauté mushrooms in hot fat. Drain off fat. Keep bacon and mushrooms warm until needed.

Blend 1 tablespoon butter and flour together to smooth paste (*beurre manié*). When chicken is done, add paste to hot liquid. Stir and simmer a minute or two.

Trim bread; cut in half diagonally. Fry in oil and butter until crisp.

Arrange chicken in casserole or serving dish. Cover with sauce. Garnish with bacon, mushrooms, parsley and croutons. Yield 4 servings.

## chicken-rock-lobster kabobs

**6 skinless and boneless chicken-breast halves**  
**6 (4-ounce each) frozen South African rock-lobster tails**  
**1 small navel orange, cut into 6 wedges**  
**Salt and pepper**  
**1 cup peach preserves**  
**⅓ cup chopped chutney**  
**1 tablespoon soy sauce**  
**1 tablespoon wine vinegar**

Cut each chicken breast into 4 pieces.

With sharp knife cut each rock-lobster tail crosswise through shell into 4 pieces.

Alternately spear chicken pieces, rock-lobster slices, and orange wedges on heatproof skewers. Sprinkle kabobs on all sides with salt and pepper.

Mix remaining ingredients in bowl; stir until well blended.

Place kabobs 6 inches above gray coals; grill 5 minutes. Brush with sauce; turn. Grill 5 minutes.

Brush with sauce; turn. Grill 2 minutes.

Serve kabobs garnished with chopped scallions and pineapple slices, grilled over coals on square of foil after brushing with sauce. Heat remaining sauce; spoon over kabobs or serve as a dip. Yield 6 servings.

## chicken santeray

**3 pounds frying chicken, cut up**  
**Salt and pepper**  
**4 tablespoons butter**  
**2 tablespoons finely chopped onion**  
**1 cup red burgundy wine**  
**1 cup strong chicken broth**  
**Chopped chives**

Season chicken with salt and pepper. Heat 4 tablespoons butter in large skillet. When foaming stops, cook chicken, single layer at a time, until golden on both sides and ready to eat. Remove chicken from pan; cover. Keep warm over low heat while you prepare sauce.

Add chopped onions to 2 tablespoons browned butter in skillet. Cook gently 2 minutes. Add wine and broth. Bring to boil, scraping pan. Cook, uncovered, until reduced by ½ to 1 cup; remove from heat. Stir in 1 tablespoon butter in little bits. Pour sauce over chicken; sprinkle with chives. Serve immediately. Yield 4 servings.

## chicken sauté in wine

**¼ cup finely diced salt pork**  
**1 (3½-pound) frying chicken**  
**¼ cup butter**  
**¼ cup vegetable oil**  
**2 leeks**  
**20 shallots or small onions**  
**Salt and white pepper to taste**  
**1 clove garlic, pressed**  
**3 tablespoons freshly minced parsley**  
**¾ cup sweet white wine**  
**¾ cup chicken broth**  
**½ cup whipping cream**  
**1 (5-ounce) can black or button mushrooms, drained**

Soak pork in enough water to cover 30 minutes; drain well.

Cut chicken into serving pieces; remove skin. Melt all but 1 tablespoon butter with oil in large, heavy skillet over medium heat. Add chicken; sauté on all sides until lightly browned. Drain off excess fat; set aside. Trim green end from leeks; discard. Cut white part into thin slices.

Combine pork, leeks, and shallots in saucepan over medium heat; cook, stirring constantly, until lightly browned. Add to chicken. Add salt, pepper, garlic, parsley, wine, and broth. Cover; simmer about 45 minutes or until chicken is tender.





*chicken sauté in wine*

Remove chicken, pork, and vegetables with slotted spoon; place on heated serving platter. Keep warm.

Add cream to liquid in skillet; simmer until of sauce consistency. Add half the mushrooms; heat through. Spoon sauce over chicken and vegetables; border with rice. Garnish with remaining mushrooms which have been lightly sautéed in 1 tablespoon butter.

Fresh mushrooms, cooked with pork mixture, can be used instead of canned mushrooms. Remove from pork mixture after browned; add to sauce same as for black mushrooms. Yield 6 servings.

## **chicken tetrazzini**

**1 stewing chicken, about 3 to 4 pounds**

**2 onions**

**2 carrots**

**Parsley, thyme, and 1 bay leaf**

**½ pound spaghetti**

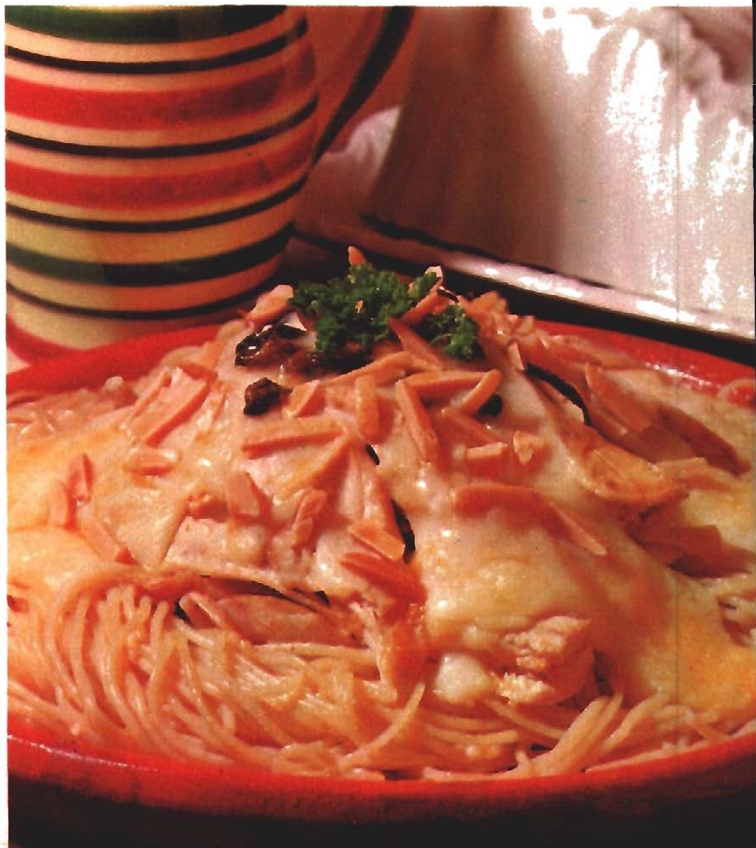
**6 tablespoons butter**

**Dash of garlic powder**

**4 tablespoons flour**

**½ cup white wine**

*chicken tetrazzini*





**Salt and pepper****6 to 8 mushrooms; sliced****3 to 4 tablespoons whipping cream****¼ cup grated Parmesan cheese****2 tablespoons dried bread crumbs****2 tablespoons sliced almonds, browned**

Preheat oven to 400°F.

Cook chicken slowly in water with onions, carrots, and herbs until tender. Let cool in stock, if possible overnight. Remove skin and bones; cook them in stock until well flavored and reduced to 2 to 3 cups.

Boil spaghetti in usual way; finish in 1 tablespoon butter flavored with a little garlic powder. Place in fireproof dish; keep warm.

Make velouté sauce: Melt 4 tablespoons butter; add flour. When blended, add 1½ cups chicken stock. Bring to boil; cook 2 minutes. Add wine; simmer few minutes.

Meanwhile, cut cold chicken into long strips. Place in mound on spaghetti; sprinkle with salt and pepper.

Cook mushrooms in 1 tablespoon butter 2 to 3 minutes; put on chicken.

Add cream to sauce; check seasoning. Spoon sauce over dish; sprinkle top with cheese and crumbs.

Bake in oven 10 to 15 minutes, until well heated and top brown and crisp. Sprinkle almonds over top. Serve at once. Yield 4 to 6 servings.

## chicken with tomatoes and olives

**4 breast quarters of frying chicken****½ cup flour****2 tablespoons butter****2 tablespoons olive oil****1 clove garlic, chopped****1 cup chopped onion****¼ cup chopped carrots****¼ cup chopped celery****2 cups broken-up canned tomatoes****½ cup white wine****1 teaspoon chili powder****½ teaspoon ground cumin****½ teaspoon salt****¼ teaspoon pepper****¾ cup cut-up black olives**

Wash chicken; pat dry. Dredge chicken in flour; shake off excess.

Heat butter and oil together in deep skillet or Dutch oven. Brown chicken well on all sides. Remove chicken from pan. Lightly brown garlic, onion, carrots, and celery in pan drippings.

Force tomatoes through sieve or puree in blender or food processor. Add tomatoes and wine to vegetables in pan or skillet. Add seasonings; stir well. Place chicken in sauce. Simmer over low heat 30 minutes or until chicken is tender. Add olives; heat through. Yield 4 servings.

*chicken with tomatoes and olives*



## CHICKEN

### chicken-vegetable ring

- 2 cups shredded cooked chicken
- ½ pound sliced mushrooms, sautéed
- ½ cup diced celery
- Salt and pepper to taste
- Dash each garlic and onion powder
- 2 eggs
- ¾ cup chicken broth
- 1¼ cups soft bread crumbs
- 2 cups cooked or canned mixed vegetables or desired combination

Combine chicken with mushrooms and celery. Add seasoning as desired.

Beat eggs into broth. Stir in bread crumbs. Add to chicken mixture. Place in ring mold. Set mold into pan of hot water.

Bake at 350°F 45 minutes or until set. Turn out onto heated serving dish. Fill center with cooked vegetables. Yield 6 servings.

### chicken in wine in no time

- ½ cup flour
- 2 teaspoons salt
- ½ teaspoon pepper
- 2½- to 3½-pound chicken, cut up
- ¼ cup oil
- 1 package dry onion soup mix
- 1 cup dry white wine
- Water

Combine flour, salt, and pepper in paper bag. Shake chicken pieces to coat. Brown chicken well on all sides in oil in skillet. Sprinkle with onion soup; pour in white wine. Add a little water. Cover; simmer until tender, about 45 minutes. Yield 4 servings.

### chinese chicken with mushrooms

- 4 chicken-breast halves, boned, skinned, cut into ½-inch cubes
- ¼ cup dry white wine
- ½ teaspoon salt
- 2 scallions, cut into ½-inch slices
- ½ cup ½-inch cubes celery
- 1 tablespoon vegetable oil
- 12 snow-pea pods, strings removed
- ¼ pound mushrooms, sliced into "T" shapes
- 6 water chestnuts, sliced
- ½ cup chicken broth
- 1 tablespoon cornstarch in 2 tablespoons cold water
- 1 tablespoon soy sauce
- Whole, blanched almonds (optional)

Combine chicken with wine and salt; set aside.

Stir-fry scallions and celery in oil 1 minute; push



*circassian chicken*

aside. Stir-fry pods 2 minutes; push aside. Stir-fry mushrooms and water chestnuts 1 to 2 minutes; push aside. Add chicken and wine; stir-fry 2 to 3 minutes, until chicken is done. Combine chicken and vegetables in wok or skillet.

Stir together broth, cornstarch mixture, and soy sauce. Add slowly to chicken and vegetables; heat until thickened and clear. Serve over rice; sprinkle with almonds. Yield 4 servings.

### circassian chicken

- 1 chicken, 3 to 4 pounds
- 5 onions
- 3 cloves
- 3 stalks celery, chopped
- Few sprigs parsley
- 1 bay leaf
- 8 peppercorns
- Salt
- 2 cups shelled walnuts



**½ cup dry bread crumbs**  
**2 tablespoons butter**  
**1 clove garlic, crushed**  
**Pepper**  
**2 teaspoons paprika**  
**3 tablespoons oil**  
**Pinch of cayenne pepper**

Put chicken in deep pan; just cover with cold water. Add 3 onions, each stuck with a clove, celery, herbs, peppercorns, and a little salt. Bring to boil; simmer until tender, about 1 hour. Skim as necessary. Drain; keep warm. Reserve stock for sauce.

Grind walnuts finely in electric blender or food processor; mix with bread crumbs.

Melt butter; cook 2 chopped onions and garlic until golden brown and soft. Add to walnut mixture; blend carefully. When quite smooth, cook until it reaches boiling point; add more stock if sauce becomes too thick. Season with salt and a little pepper.

Mix oil and red pepper together; when oil is red, strain. Add enough oil to walnut sauce to make it a delicate pink.

Cut chicken into pieces. Put layer of sauce in bottom of fireproof serving dish; lay chicken pieces on top. Spoon remaining sauce over chicken. Reheat thoroughly.

Decorate top with remaining red oil, sprinkling over surface of dish. Serve with plain boiled rice. Yield 4 to 6 servings.

## creamed chicken and ham

**1½ tablespoons flour or cornstarch**  
**1½ tablespoons butter**  
**¾ cup chicken stock**  
**¼ cup cream**  
**½ cup diced cooked chicken**  
**½ cup diced cooked ham**  
**¼ cup chopped celery**  
**1 tablespoon parsley**  
**1 egg, beaten**  
**1 or 2 tablespoons sherry (optional)**

Add flour to melted butter; stir until blended. Slowly stir in stock, then cream. When sauce is smooth and to boiling point, add chicken, ham, celery, and parsley.

Remove 2 tablespoons sauce; mix with egg. Reduce heat to low; return egg mixture to heat. Stir constantly until all thickens slightly. Add 1 or 2 tablespoons sherry just before serving. Serve over corn bread squares or hot waffles. Yield 4 servings.

## curried chicken

**2 small chickens, about 3 pounds each**  
**1 medium onion, chopped**  
**⅓ cup butter or margarine**  
**1 (light) tablespoon curry powder**  
**3 cups boiling water**  
**2 teaspoons salt**  
**¼ cup flour**

*curried chicken*



## CHICKEN

Cut each chicken into pieces.

Brown onion in butter in large skillet. Remove onion; brown chicken parts in same fat. Replace onion; add curry powder. Pour boiling water over chicken; add salt. Simmer until chicken is tender, about 30 minutes.

Mix flour with  $\frac{1}{4}$  cup chicken liquid; add to chicken. Stir until thick and smooth. Serve piping hot on bed of rice. Yield 6 to 8 servings.

### french chicken breasts in red-wine noodles

2 frying chicken breasts, split (about 1½ pounds)

4 ounces Canadian bacon, diced

2 cups dry red wine

2 onions, halved, sliced

1 bay leaf

$\frac{1}{4}$  teaspoon poultry seasoning

Salt and pepper to taste

4 cups water

4 ounces wide noodles

2 tablespoons chopped fresh parsley

Spray large non-stick pot or Dutch oven with cooking spray for no-fat frying. Place chicken skin-side-down. Brown slowly over moderate heat until skin is crisp and well-rendered of fat. Remove chicken; discard melted fat.

Put diced Canadian bacon in pot; brown, stirring frequently to prevent sticking.

Combine the wine, onions, bay leaf, and seasonings in pot. Lay chicken breasts on top, skin-side-up. Cover; simmer gently 20 minutes. Add water to pot. Heat to boiling. Stir in noodles, few at a time. Cover; simmer 12 to 15 minutes, stirring occasionally. Uncover; simmer until all liquid is absorbed by noodles. Sprinkle with parsley. Yield 4 servings.

### fried chicken with cream gravy

Salt, pepper, and garlic salt

1 cup flour

1 (2½- to 3-pound) frying chicken, cut into serving pieces

Fat for deep frying

Mix seasonings with flour; coat each chicken piece.

Heat fat in skillet; fry chicken, few pieces at a time. Cook about 25 minutes per batch of chicken, so that pieces are crisp and crusty. Drain on paper towels; set on warmed platter. Yield 4 to 6 servings.

*fried chicken with cream gravy*





#### *cream gravy*

- 2 tablespoons cornstarch
- $\frac{3}{4}$  cup hot chicken broth
- $\frac{1}{2}$  cup milk at room temperature
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

Pour off most fat in skillet; leave about 2 tablespoons.

Mix cornstarch with chicken broth. Add to hot fat, stirring constantly. Gradually add milk, salt, and pepper. When slightly thickened, gravy is ready. Put in gravy boat; serve with chicken.

## italian chicken in envelopes

- 1 (2½- to 3-pound) chicken
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 4 large fresh tomatoes, peeled, chopped (canned tomatoes can be substituted if drained and chopped)
- 4 large green olives, chopped
- $\frac{1}{2}$  teaspoon crumbled dried sweet basil
- $\frac{1}{2}$  teaspoon crumbled, dried oregano
- $\frac{1}{2}$  teaspoon celery salt
- $\frac{1}{4}$  teaspoon pepper
- 4 bay leaves

Wash chicken. Drain; pat dry. Cut into quarters.

Cut 4 (10-inch) pieces aluminum foil; grease with olive oil. Place piece of chicken in center of each piece of foil.

Combine onion, garlic, tomatoes, olives, basil, oregano, celery salt, and pepper; mix well. Spoon some sauce over each piece of chicken. Add 1 bay leaf to each package. Fold foil into neat sealed package. Place on cookie sheet. Bake at 425°F 40 minutes. Serve from packages. Yield 4 servings.

## mediterranean chicken

- 1 tablespoon butter or margarine
- 1 tablespoon finely chopped onion
- $\frac{1}{2}$  cup chopped celery
- 1 (10-ounce) package frozen French-style green beans
- 1 tablespoon chopped pimiento
- 2 cups diced cooked chicken
- 2 cans (10½ ounces each) condensed cream of mushroom soup
- $\frac{1}{2}$  teaspoon oregano
- White pepper to taste
- $\frac{2}{3}$  cup cashew or roasted peanut halves
- 1 tablespoon minced parsley (optional)

Melt butter in 2- or 3-quart saucepan. Add onion, celery, and beans. Cover; simmer over low



*italian chicken in envelopes*

heat about 15 minutes, stirring occasionally, until beans are tender. Add pimiento, chicken, soup, and seasonings. Cook 10 minutes to blend flavors; stir as needed to prevent sticking. Stir in nuts. Sprinkle with parsley before serving. Yield 6 servings.

## nutty chicken

- 1 cup finely chopped dry roasted peanuts, without jackets
- $\frac{1}{2}$  cup fine dry bread crumbs
- 1¼ teaspoons salt
- $\frac{1}{2}$  teaspoon poultry seasoning
- Pepper to taste
- 4 broiler drumsticks
- 4 broiler wings
- $\frac{1}{4}$  cup broth

Mix together peanuts, crumbs, and seasonings.

Dip chicken pieces in broth, then in peanut mixture; coat all over. Place in single layer on foil-lined pan. Bake at 400°F 40 minutes or until tender. Do not turn chicken during baking. Yield 4 servings.

## open-roasted capon

- 1 (7½-to 8-pound) capon or small turkey
- Butter
- Salt and freshly ground black peppercorns to taste
- $\frac{1}{2}$  cup water
- 1½ to 2 cups hot water or chicken broth
- 3 tablespoons cornstarch

Rub capon generously with butter; season with generous sprinkling of salt and pepper inside and



*open-roasted capon*

out. Place capon in foil-lined baking pan; place on middle shelf of 400°F oven. Roast 30 minutes. Spoon up pan juices; baste capon thoroughly. Add ½ cup water to pan. Reduce oven temperature to 375°F. Place small piece of foil over capon breast; bake about 2 hours, basting frequently with pan juices. Test fattest part of thigh by sticking with slim skewer. If juice is faintly pink, roast about 15 to 20 minutes or until done. Remove capon to serving dish.

Pour pan juices into saucepan; add enough water for desired taste.

Combine cornstarch with small amount of broth or water; mix to smooth liquid. Pour into pan; cook over medium heat, stirring constantly, until slightly thickened and rather clear, about 10 or 15 minutes. Yield 6 to 8 servings.

## oregano grilled chicken

3 pounds fryer-chicken pieces  
1 large freezer bag  
½ cup olive oil  
¼ cup lemon juice  
2 cloves garlic, minced  
½ teaspoon salt  
1 teaspoon crumbled dried oregano

½ teaspoon freshly ground pepper  
2 tablespoons butter, melted

Day before cooking, wash chicken; pat dry. Place in freezer bag.

Combine oil, lemon juice, garlic, salt, oregano, and pepper; pour over chicken. Tie bag shut; turn bag several times to coat chicken with marinade. Refrigerate 24 hours; turn bag occasionally.

Remove chicken from bag; reserve marinade. Grill 5 inches from white-hot charcoal 30 minutes; turn once. Brush frequently with marinade combined with butter. Yield 4 or 5 servings.

### *variation*

Substitute 1 (3-pound) roasting chicken for chicken parts; marinate in same manner. Drain chicken; reserve marinade. Mount on rotisserie spit; cook 1½ hours on indoor unit or over charcoal. Baste frequently with marinade mixed with butter.

## oven-fried chicken

1 young chicken, jointed  
4 tablespoons flour  
Salt  
Black pepper  
Paprika



1 egg, beaten  
 Fine bread crumbs  
 3 to 4 tablespoons oil

Preheat oven to 400°F.

Toss chicken lightly in flour to which a little salt, pepper, and paprika have been added. Brush with beaten egg; coat with bread crumbs.

Heat oil in roasting pan; put in chicken. Brush lightly with hot oil; and bake about 30 minutes. Yield 4 or 5 servings.

## paella

6 rock-lobster tails  
 12 large raw shrimp  
 6 cherrystone clams  
 6 mussels  
 ½ pound chorizos or other garlic-flavored sausage  
 ⅔ cup olive oil  
 ½ pound pork cubes  
 4 chicken breasts, thighs, and legs  
 1 onion  
 1 green pepper  
 ¼ cup tomato sauce  
 3 cups long-grain rice  
 ⅛ teaspoon saffron powder  
 1 teaspoon salt  
 1 teaspoon garlic powder  
 ¼ teaspoon pepper  
 1½ quarts boiling water  
 1 cup frozen peas  
 1 fresh tomato, peeled, seeded, diced

With kitchen shears break centers of ribs on belly sides of lobster shells. Loosen meat from shells with fingers; leave meat attached near tail fins.

Shell and devein shrimp.

Scrub clams and mussels. Soak mussels in cold water 30 minutes to remove salty taste. Discard any that open their shells while soaking; drain. Place sausage in shallow skillet. Cover with water; bring to boil. Boil 5 minutes; drain. Remove skin; cut into ¼-inch rounds.

Heat ⅓ cup oil. Fry sausage until browned on each side. Remove from skillet; drain.

Add pork to heated oil. Fry until brown on all sides and no longer pink. Remove from skillet; drain.

Add chicken to skillet. Fry 45 minutes or until golden brown and meat is cooked. Remove from skillet; drain.

Add lobster to skillet; fry just until shells start to turn pink. Remove from skillet; drain.

Add remaining oil to skillet; heat thoroughly.

Peel and chop onion; sauté in skillet 10 minutes or until tender.

Remove seeds and membranes from green pepper; dice. Add to onions; sauté 5 minutes. Stir in tomato sauce; simmer until mixture thickens and holds its shape in spoon. Add rice, saffron, salt, garlic powder, and pepper; mix well. Add boiling water; mix well. Bring mixture to boil; reduce heat to simmer.

*oregano grilled chicken*



## CHICKEN

Arrange lobster, shrimp, clams, mussels, sausage, pork, and chicken on top of rice mixture. Scatter peas and tomato over rice and meat; cover. Simmer 30 to 45 minutes or until rice is tender, shrimp and lobster meat turn white, and mussels and clams pop open. Remove from heat. Cover; let rest 10 minutes for flavors to mingle. Serve directly from pan. Yield 6 to 8 servings.



*paella*



## CHICKEN



## CHICKEN

### pineapple chicken with poppy-seed noodles

- 4 chicken breasts
- Salt and pepper to taste
- 2 tablespoons butter or margarine
- 8 ounces spinach noodles
- 1 chicken bouillon cube (optional)
- 2 tablespoons poppy seeds
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley

Sprinkle chicken with salt and pepper; sauté in 1 tablespoon butter in large frying pan until browned. Cover; cook over low heat until tender, about 25 to 30 minutes.

While chicken is cooking, cook noodles in boiling salted water seasoned with bouillon cube just until tender, about 8 to 10 minutes. Drain; season with 1 tablespoon butter and poppy seeds. Place in large shallow ovenproof dish. When chicken has finished cooking, place on top of noodles; cover. Keep warm while preparing dressing and sauce. Divide dressing mixture equally on tops of chicken breasts. Pour sauce over chicken, dressing, and noodles. Sprinkle with cheese and parsley. Place under broiler until browned. Yield 4 servings.

#### *dressing*

- 1 small onion, chopped
- ½ pound mushrooms, sliced
- 1 slice whole-wheat bread, crumbed
- 1 tablespoon chopped parsley
- ¼ teaspoon thyme
- ⅛ teaspoon salt
- 1 (8-ounce) can crushed pineapple, well drained; reserve syrup

Remove all but 1 tablespoon fat from pan in which chicken was cooked. In same pan sauté onion until tender. Add mushrooms; sauté lightly. Stir in bread crumbs, parsley, thyme, salt, and pineapple. Remove from heat; set aside while making sauce.

#### *sauce*

- 3 tablespoons butter or margarine
- 3 tablespoons all-purpose flour
- Reserved pineapple syrup plus water to equal 3 cups liquid
- 1 cup nonfat dry milk powder
- 1 teaspoon salt
- 2 egg yolks, beaten
- ½ cup all-purpose whipping cream, whipped

Melt butter in separate saucepan. Remove from heat; stir in flour. Add liquid and dry milk powder. Cook, stirring, over medium heat until slightly thickened. Add salt. Stir small amount hot mixture into egg yolks; add egg-yolk mixture slowly to hot mixture in saucepan, stirring. Stir and cook 2 to 3 minutes. Remove from heat. Fold in whipped cream.

### roast capon with orange pecan stuffing

- 1 capon (5 to 6 pounds)
- ¼ cup butter or margarine
- 1 cup thinly sliced celery
- ¼ cup chopped onion
- ¾ cup water
- 5 cups toasted, crust-free bread cubes (½ inch)
- ¾ cup drained, sectioned, diced oranges
- ⅓ cup coarsely chopped pecans
- 1 teaspoon grated orange rind
- 1 teaspoon salt
- ½ teaspoon curry powder (optional)

#### *Orange slices for garnish*

#### *Watercress for garnish*

Wash, drain, and dry capon.

Prepare stuffing: Melt butter in skillet. Add celery, onion, and water; cook over moderate heat until vegetables are tender.

Combine bread cubes, orange pieces, pecans, orange rind, ½ teaspoon salt, and curry powder; mix. Add vegetables; mix carefully.

Sprinkle remaining salt over neck and body cavities of capon. Stuff neck and body cavities loosely with bread mixture. Skewer neck skin to back. Return legs and tail to tucked position. Place capon, breast-side-up, on open roasting pan. Do not add water to pan. Brush skin with melted butter or margarine. Cover capon loosely with foil, crimping it to edges of pan. (Foil should not touch capon.) Place in 325°F oven about 3 hours. Remove foil 45 minutes before end of roasting time to allow bird to brown. Brush again with melted butter. Test for doneness; continue roasting if not done. Yield 6 to 8 servings.

### roast chicken

- 2 frying chickens, about 3 pounds each
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 2 cloves garlic, crushed
- 5 tablespoons melted butter
- 6 medium potatoes, peeled, cut into lengthwise wedges
- 2 medium onions, peeled, cut into wedges
- ⅓ cup lemon juice
- ½ cup water

Wash chickens; pat dry. Rub with salt, pepper, and garlic. Place in large roasting pan, breast-side-up; brush on all surfaces with 3 tablespoons butter.

Roll potatoes in 2 tablespoons butter; place with onions in pan with chicken. Roast at 425°F 25 minutes. Reduce heat to 325°F; roast 45 to 50 minutes or until leg joint moves easily. Pour lemon juice over chicken; remove chicken, pota-



toes, and onions to platter; keep warm.

Skim fat from pan juices. Add water; bring to boil. Pour into gravy boat. Slice chicken; serve. Yield 6 servings.

## **russian chicken cutlets**

2 slices sandwich bread  
¼ cup half-and-half cream  
2 to 2½ cups uncooked ground chicken  
2 teaspoons salt  
¼ teaspoon freshly ground white pepper  
½ cup finely chopped fresh mushrooms  
6 tablespoons butter  
1½ cups sifted all-purpose flour  
1 egg, well beaten  
2 cups fine dry bread crumbs  
Vegetable oil  
2 tablespoons lemon juice  
2 egg yolks, beaten  
⅛ teaspoon cayenne pepper

Remove crusts from bread; place bread in large bowl.

Pour cream over bread; let stand until all liquid is absorbed. Add chicken, 1 teaspoon salt, pepper, mushrooms, and 2 tablespoons softened butter; mix until well blended. Chill at least 1 hour so mixture will be easy to handle. Shape into 12 cutlets as shown in illustration. Coat each cutlet with flour; dip into egg. Coat with bread crumbs; press crumbs on firmly. Chill 1 hour to set coating.

Fill large heavy skillet ¼ inch deep with vegetable oil; place over medium heat until hot. Add cutlets; fry until browned on both sides. Drain on paper toweling; keep warm.

Combine lemon juice and egg yolks in top of double boiler; blend thoroughly. Place over hot water; add 2 tablespoons butter. Beat with whisk until smooth and thoroughly blended. Cut 2 tablespoons butter into small pieces; add to egg-yolk mixture 1 piece at a time; beat until smooth after each addition. Remove from water; stir in remaining salt and cayenne pepper. Place in sauceboat.

Place cutlets on serving platter; serve with sauce. To make this a party dish insert a toothpick into each cutlet; cover with a paper frill. Yield 6 servings.

## **sauced chicken in vol-au-vent shells**

3 tablespoons butter  
3 tablespoons all-purpose flour  
1¼ cups chicken stock  
2 tablespoons sherry  
1 recipe Basic Brown Sauce (see Index)  
Salt and pepper to taste  
3 cups cubed cooked chicken or turkey



*russian chicken cutlets*

Melt butter in heavy saucepan; stir in flour to make smooth paste. Add stock gradually; stir constantly. Cook over low heat until thickened. Stir in sherry and brown sauce. Season with salt and pepper. Fold in chicken; heat through. Serve hot in patty shells or on toast points. Garnish with chopped parsley. Yield about 8 servings.

*sauced chicken in vol-au-vent shells*





## CHICKEN



*roast chicken*







## CHICKEN

### spicy barbecued chicken

#### *barbecue sauce*

- 6 tablespoons oil
- 1 onion, chopped fine
- 1 clove garlic, crushed
- 1 medium can tomatoes (or 3 to 4 tablespoons tomato puree)
- 1 tablespoon tomato catsup
- 1 tablespoon chutney
- 1 tablespoon vinegar
- ½ cup stock (or water)
- 1 tablespoon Worcestershire sauce
- 1 teaspoon French mustard
- 1 teaspoon paprika
- Juice and grated rind of ½ lemon
- 2 teaspoons brown sugar
- 1 tablespoon finely chopped parsley
- 1 teaspoon mixed powdered thyme, nutmeg, and bay leaf
- 4 large chicken quarters or halves

Prepare barbecue sauce: Heat oil; cook onion and garlic 5 minutes. Add sieved tomatoes or puree and all other ingredients. Cook 20 to 30 minutes; season to taste. Strain; let cool.

With sharp knife make small cuts in chicken pieces. Spoon cold barbecue sauce over; let stand at least ½ hour.

Heat charcoal grill or broiler. Place chicken pieces on hot grill; turn every 5 or 6 minutes, basting frequently with barbecue sauce. Allow 30 to 45 minutes to barbecue quarters, depending on heat of grill and thickness of chicken. Test with skewer; if juice from chicken runs clear, chicken is done.

Heat remaining sauce; serve. Yield 4 servings.

### spicy roast chicken

- 1 cup plain yogurt
- 3 cloves garlic, crushed
- 2 teaspoons grated fresh ginger
- ⅓ cup lime juice

*stuffed chicken-breasts athenian*





1 tablespoon ground coriander  
1 teaspoon cumin

½ teaspoon cayenne pepper

1 whole chicken (3 pounds)

Lime wedges

1 onion, sliced, steamed

Mix yogurt, garlic, ginger, lime juice, and spices. Rub chicken inside and out with mixture. Place in bowl; pour remaining marinade over. Cover; refrigerate 24 hours. Turn chicken at least once. Remove chicken from marinade. Roast in preheated 375°F oven 1 hour or until done. Baste with marinade during cooking. Disjoint chicken; serve with lime wedges and onion slices. Yield 4 servings.

## stuffed chicken-breasts athenian

4 split chicken breasts, skinned, boned

2 tablespoons crumbled feta cheese

1 tablespoon chopped walnuts

1 tablespoon chopped parsley

¾ cup flour

½ teaspoon salt

¼ teaspoon pepper

1 egg

2 tablespoons milk

2 tablespoons olive oil

2 tablespoons butter

Cut small pocket in each chicken cutlet by making slit in each piece; do not cut all the way through cutlet.

Mix cheese, walnuts, and parsley. Put 1 tablespoon stuffing in each cutlet; seal edges by pressing together.

Mix flour, salt, and pepper. Dredge chicken in flour mixture.

Mix egg and milk. Dip cutlets in egg mixture, then again in flour mixture; refrigerate until ready to cook.

Heat oil and butter in large, heavy skillet over medium heat until foam subsides. Cook cutlets over medium-high heat until brown. Turn cutlets; reduce heat. Cook until brown and cooked through. Do not cover; chicken will lose its crispness and cheese will begin to ooze out of cutlet.

Serve chicken with Rice Pilaf (see Index); top with Kima Sauce. Yield 4 servings.

### *kima sauce*

3 tablespoons olive oil

¼ cup chopped onion

¼ cup chopped carrots

¼ cup chopped celery

1 clove garlic, chopped

1 (8-ounce) can tomatoes, drained, chopped

2 tablespoons chopped parsley

¼ cup white wine

¼ teaspoon sugar

¼ teaspoon oregano

Heat oil in small, heavy skillet. Cook onion, carrots, celery, and garlic until limp. Add tomatoes, parsley, wine, sugar, and oregano; simmer 20 minutes or until thick.

## sweet-and-sour chicken

2 tablespoons soy sauce

1 tablespoon cornstarch

2 whole chicken breasts, halved, skinned, boned, cut into bite-size cubes

1 tablespoon vegetable oil

1 cucumber, scored lengthwise with tines of fork, cut into bite-size cubes

½ cantaloupe, seeded, rinded, cut into bite-size pieces

1 sweet red pepper (or green pepper), cubed

### *sweet-and-sour sauce*

2 tablespoons brown sugar

2 tablespoons vinegar

½ cup pineapple juice (unsweetened)

1 tablespoon cornstarch in 2 tablespoons cold water

3 ounces blanched whole almonds

Combine soy sauce and cornstarch. Coat chicken pieces thoroughly.

Heat oil in large frypan (or wok); stir-fry chicken 3 to 4 minutes. Add cucumber, cantaloupe, and pepper.

Mix together sauce ingredients; add to chicken mixture. Heat, stirring often, until sauce boils and ingredients are heated through. Add almonds. Yield 4 servings.

## tangy chicken of the islands

½ cup vinegar

½ cup soy sauce

1 clove garlic, minced fine

Dash of freshly ground black pepper

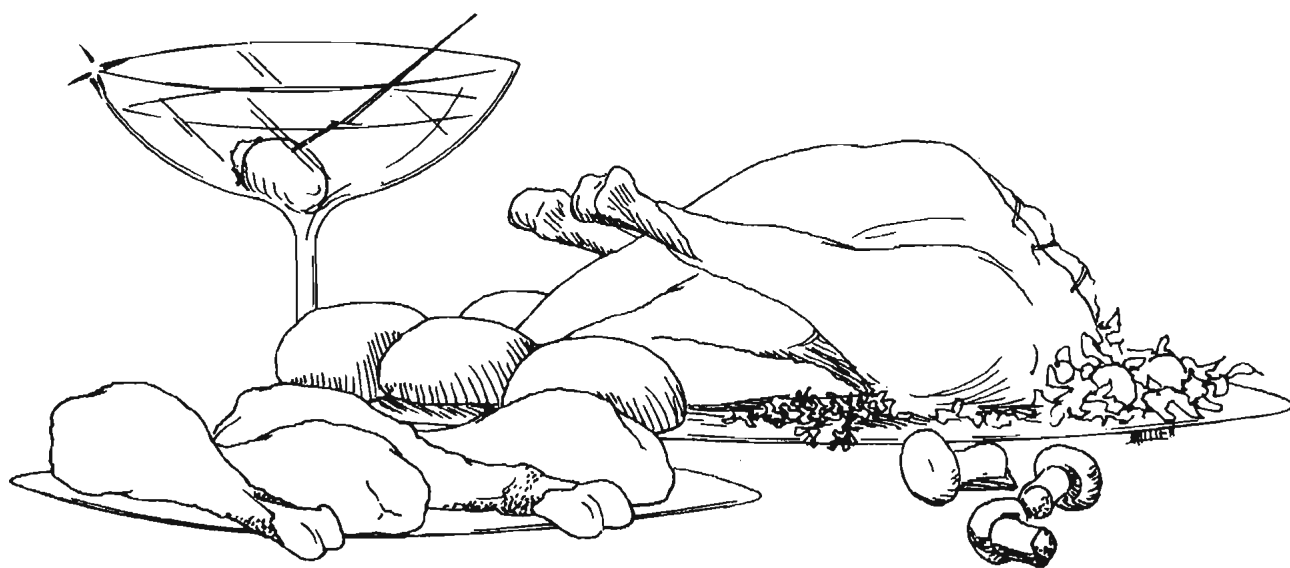
1 (2- to 3-pound) frying chicken, cut into serving pieces

Put vinegar, soy sauce, garlic, and pepper in skillet. Add chicken; let marinate together at least 30 minutes. Heat to boil on top of stove. Cover skillet; lower heat. Simmer about 40 minutes. Liquid will be absorbed into chicken. Served hot or cold. Yield 4 to 6 servings.

## CHICKEN



*sweet-and-sour chicken*





# CHICKEN LIVERS

## baked chicken livers

**3 or 4 medium-size onions, sliced ¼ inch thick**  
**10 to 12 chicken livers**  
**3 strips bacon**  
**Salt and pepper to taste**  
**½ cup sherry**

Arrange onions in flat oblong baking dish. Put 1 liver on each onion; salt lightly.

Cut each bacon strip into quarters; place 1 quarter on each liver. Sprinkle with salt and pepper. Pour sherry over.

Bake at 350°F about 45 minutes, until bacon is crisp. Baste occasionally during baking. Yield 4 servings.

## chicken livers with apples and onion

**¾ pound chicken livers**  
**3 tablespoons flour**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**⅛ teaspoon cayenne pepper**  
**3 medium apples**  
**¼ cup vegetable oil**  
**¼ cup sugar**  
**1 large onion, thinly sliced**

Rinse livers; drain on paper towels. Coat evenly with mixture of flour, salt, pepper, and cayenne; set aside.

Wash apples; remove cores. Cut into ½-inch slices, to form rings.

Heat 2 tablespoons oil in frypan over medium heat. Add apples; cook until lightly brown. Turn slices carefully; sprinkle with sugar. Cook, uncovered, over low heat until tender. Remove from pan; reserve.

Heat remaining oil over low heat. Add livers and onion rings. Cook over medium heat; turn often to brown all sides.

Transfer to warm serving platter. Serve with apple rings. Yield 4 servings.

## chicken livers with beer

**¼ pound butter or margarine**  
**1 medium onion, chopped fine**  
**¼ teaspoon garlic powder**  
**1½ pounds chicken livers**  
**1 tablespoon flour**  
**½ cup beer**  
**3 cups cooked rice**

Melt butter in medium skillet; cook onion until transparent. Add garlic powder and livers; cook until livers are browned on all sides.

Mix flour with 1 tablespoon beer; add to livers. Stirring constantly, add rest of beer until sauce thickens and livers are done through, about 5 minutes.

Put hot cooked rice in center of platter; mound livers around rice. Yield 4 to 6 servings.

## chicken livers paprikash

**1 pound chicken livers**  
**4 tablespoons butter or margarine**  
**1 cup thinly sliced onions**  
**1 clove garlic, peeled, mashed**  
**1 tablespoon Hungarian sweet paprika**  
**Salt and pepper**  
**1 cup chicken broth**  
**¼ cup sour cream**  
**1 tablespoon flour**

Rinse livers; drain very well. Remove fat or connective tissue.

Melt butter in large heavy skillet over moderate heat. Add onions and garlic; cook, stirring, until browned. Remove from heat. Add paprika, salt, and pepper; stir well. Add chicken broth; cover. Bring to boil; reduce heat to low. Cook 15 to 20 minutes or until livers are done to taste.

Combine sour cream and flour; stir well. Add slowly to liver mixture, stirring well. Cook over very low heat until thickened.

Serve livers with buttered noodles or dumplings; garnish with chopped parsley. Yield 4 servings.

## chicken livers with sage

**1 pound chicken livers, halved**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**1 tablespoon dried sage**  
**4 tablespoons butter or margarine**  
**2 slices raw bacon, diced fine**  
**¼ cup dry white wine**

Season livers with salt, pepper, and sage.

Heat butter and bacon together in medium skillet. Add livers; cook 5 minutes, until browned. Stir in wine; let simmer 2 minutes. Spoon livers and sauce over spaghetti. Yield 4 to 6 servings.

## chicken livers on toast

**1 can mushroom gravy**  
**2 tablespoons sherry**  
**½ cup flour**  
**½ teaspoon dried dillweed**  
**1 pound chicken livers**  
**1 egg, beaten**  
**4 or more tablespoons butter or margarine**

Mix gravy and sherry in saucepan; bring to boil. Lower heat; simmer 5 minutes.

## CHICKEN LIVERS

Combine flour and dillweed for batter. Put each liver into beaten egg, then into flour. Be sure to coat all sides of livers well.

Melt butter in medium skillet. Add livers; cook over moderate heat 10 minutes or until golden brown. Serve on toast squares with hot gravy. Yield 4 servings.

### eggs and chicken livers

**2 pounds chicken livers**

**½ cup flour seasoned with ½ teaspoon salt  
and ¼ teaspoon black pepper**

**3 tablespoons butter**

**¼ cup Madeira wine**

**4 large tomatoes, peeled, diced**

**1 cup grated cheddar cheese**

**12 eggs, well beaten**

**½ teaspoon baking powder**

**½ pound salted almonds**

Roll livers in flour.

Melt butter in saucepan; sauté livers. Add wine and tomatoes; simmer about 4 minutes. Transfer liver and wine mixture to 1½-quart casserole. Sprinkle with cheese; broil until cheese melts. Pour eggs to which ½ teaspoon baking powder has been added into hot buttered skillet; let cook slowly until eggs become set on bottom of pan. With fork or spatula lift up eggs at edge of pan, allowing uncooked egg to run underneath. Continue cooking and lifting until eggs are set. Place eggs in center of platter; border with livers. Sprinkle almonds over livers; garnish with parsley. Yield 8 servings.





# COOKIES

## almond cookies

$\frac{1}{2}$  cup butter or margarine  
 $\frac{1}{2}$  cup white sugar  
 $\frac{1}{2}$  tablespoon molasses  
1 cup all-purpose flour  
2 cups rolled oats  
 $\frac{1}{2}$  cup flaked almonds  
1 teaspoon baking soda  
 $\frac{1}{4}$  cup boiling water

Preheat oven to 375°F.

Cream butter and sugar until creamy. Add molasses; mix well. Stir in flour, rolled oats, and almonds.

Dissolve baking soda in boiling water; add to mixture while hot. Mix to stiff dough. Roll teaspoons of dough into balls; place on greased baking pans, allowing room to spread. Press flat; decorate top of each with flaked almond. Bake 15 minutes. Remove to cooling tray; store when quite cold. Yield about 48.

## almond macaroons

1 cup sugar  
1 (8-ounce) can almond paste  
2 egg whites

Combine sugar and almond paste in large bowl; mix with fingers until well blended. Add egg



*almond macaroons*

whites gradually, using just enough to moisten; mix with wooden spoon. Roll lightly into walnut-size balls; flatten slightly. Place about 2 inches apart on brown paper on baking sheet.

Bake in preheated 325°F oven about 12 minutes or until very lightly browned. Remove from oven; slide paper onto damp towel. Cool slightly; remove with spatula. Yield about 2 dozen.

*almond cookies*







*almond princes*

## almond princes

$\frac{1}{2}$  recipe Basic Sweet Short Pastry (see Index)

Sifted confectioners' sugar

$\frac{3}{4}$  cup ground almonds

1 egg white, slightly beaten

Roll pastry on lightly floured surface until very thin. Cut into 24 circles with  $2\frac{1}{2}$ -inch cookie cutter; press into miniature cupcake pans. Prick bottoms and sides of shells.

Combine  $1\frac{1}{2}$  cups sugar and almonds in medium-size bowl. Stir in enough egg white to make mixture consistency of thick paste. Fill tart shells to just below rims with mixture. Sprinkle generously with confectioners' sugar.

Bake in preheated  $350^{\circ}\text{F}$  oven until filling is rounded and tarts are golden brown. Remove tarts from pans; place on wire rack until completely cooled. Place 2 skewers evenly over tarts; sift with confectioners' sugar to make a design. Yield 24 tarts.

## almond triangles

$\frac{1}{2}$  cup butter

1 cup sugar



*almond triangles*



6 tablespoons whipping cream

3 eggs

½ teaspoon salt

2 cups flour

**Chopped almonds**

Combine butter and sugar in mixer bowl; cream until smooth. Beat in cream and 2 eggs. Add salt and flour; blend well. Wrap in waxed paper; chill overnight. Roll on lightly floured surface; cut into triangles.

Beat remaining egg slightly; brush over tops of triangles. Sprinkle with almonds. Place triangles on greased baking sheet. Bake in preheated 375°F oven 8 to 10 minutes or until golden brown. Yield 3 to 4 dozen cookies.

## anzac cookies

1 cup flour

1 cup rolled oats

¾ cup finely shredded coconut

1 cup sugar

½ cup butter

1 tablespoon maple syrup

1½ teaspoons baking soda

2 tablespoons boiling water

Preheat oven to 350°F.

Sift flour; add rolled oats, coconut, and sugar.

Put butter and syrup into pan; stir over low heat until melted.

Mix baking soda with water. Add to melted butter; stir into dry ingredients. Put heaping teaspoons onto greased baking sheets; allow room to spread. Bake 20 minutes. Remove to cooling racks. Yield about 36.

## apple-oat bars

1 cup whole-wheat pastry flour

½ teaspoon baking soda

½ teaspoon salt

1 teaspoon cinnamon

½ cup packed brown sugar

1½ cups rolled oats

½ cup butter or margarine, melted

1 egg, beaten

1½ teaspoons vanilla

⅓ cup chopped walnuts

2 cups thinly sliced peeled apples (3 medium apples)

Stir together flour, soda, salt, and cinnamon until evenly mixed. Add brown sugar and oats. Stir in butter, egg, and vanilla; mix well. Place half of dough in bottom of greased 9-inch-square baking pan. Sprinkle nuts over dough. Arrange apple slices over nuts. Sprinkle remaining dough over apples; press lightly. Bake at 350°F 25 to 30 minutes. Cool; sprinkle with confectioners' sugar, if desired. Cut into bars. Yield 18.

## applesauce brownie squares

½ cup butter or margarine

2 (1-ounce) squares unsweetened chocolate

¾ cup sugar

2 eggs, beaten

¾ cup applesauce

1¼ teaspoons vanilla

1 cup whole-wheat pastry flour

½ teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

*chocolate-nut topping*

2 tablespoons sugar

¼ cup chopped nuts

½ cup semisweet chocolate pieces

Melt together butter and chocolate in small saucepan over low heat. Add sugar, eggs, applesauce, and vanilla; beat well.

Stir together flour, baking powder, soda, and salt until evenly combined. Add to chocolate mixture; beat well. Pour batter into greased 8-inch-square baking pan.

Combine topping ingredients; sprinkle over batter. Bake in 350°F oven 30 to 35 minutes, until toothpick inserted in center comes out clean. Cool; cut into squares. Yield 16.

## apricot balls

1 cup dried apricots

½ cup walnuts

½ cup coconut

2 tablespoons wheat germ

4 tablespoons orange juice

⅓ cup finely chopped walnuts

Put apricots, ½ cup walnuts, and coconut through food grinder. Add wheat germ and orange juice; mix well. Form into 1-inch balls. Roll in chopped walnuts; refrigerate. Yield 20 to 24.

## bean bars

1 cup whole-wheat pastry flour

⅓ cup nonfat dry milk powder

½ cup packed brown sugar

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon nutmeg

½ teaspoon cloves

½ teaspoon salt

1 egg

½ cup vegetable oil

½ cup applesauce

2 cups cooked green or wax beans or 1 (16-ounce) can, well drained

¾ cup chopped walnuts

## COOKIES

**½ cup currants**

**2 tablespoons confectioners' sugar**

Stir first 8 ingredients in mixing bowl until evenly mixed.

Place egg, oil, applesauce, and beans in blender or food processor; blend smooth. Pour over dry ingredients; mix well. Stir in nuts and currants. Pour into greased  $11\frac{1}{4} \times 7\frac{1}{2} \times 1\frac{1}{2}$ -inch pan. Bake at 350°F 25 to 30 minutes. Sprinkle with confectioners' sugar while warm. Cut into bars. Yield 24.

### bright-eyed susans

**2 cups flour**

**½ teaspoon baking powder**

**1 cup butter or margarine**

**½ cup sugar**

**2 tablespoons water**

**1 teaspoon vanilla extract**

**1 egg**

**1¼ cups finely chopped nuts**

**Jam or jelly**

Preheat oven to 350°F.

Sift flour and baking powder together twice.

Cream butter and sugar until light and fluffy. Add water, vanilla, and egg yolk. Add flour; mix well. Form dough into balls about size of walnut. Roll in slightly beaten egg white, then in nuts. Place on lightly greased baking sheets. Bake 5 minutes. Remove from oven; press thumbprint in each ball. Return to oven; bake 8 to 10 minutes. Remove to cooling trays; fill centers with bright jam or jelly. Yield about 48.

*bright-eyed susans*

### butter fingers

**1 cup butter**

**1 cup light brown sugar**

**2 teaspoons grated lemon rind**

**1 egg**

**2 cups flour, sifted**

**⅓ cup blanched chopped almonds**

Preheat oven to 375°F.

Grease shallow baking pan about 8 × 12-inches.

Cream butter, sugar, and lemon rind thoroughly. Beat in egg. Fold in flour. Spread evenly in pan. Sprinkle with nuts.

Bake in center of oven 45 to 50 minutes. Let cool a little in pan; mark into finger shapes. Remove when cold. Yield about 24 cookies.

### cheese and cranberry cookies

**2 cups sifted flour**

**2 cups grated American cheese**

**½ teaspoon salt**

**½ cup butter or margarine**

**¼ cup milk**

Preheat oven to 400°F.

Mix flour, cheese, and salt. Cut in butter with pastry blender. Stir in milk. Roll dough in foil; chill. Roll thinly on lightly floured board; cut into desired shapes: squares, fingers, etc. Spread half the shapes with filling; cover with remaining shapes. Press edges well together. Place on ungreased baking sheets. Bake about 10 minutes. Yield about 30.







*cheese and cranberry cookies*

**cranberry filling**

- $\frac{3}{4}$  cup cranberry jelly
- $1\frac{1}{2}$  cups chopped pecans
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons brown sugar
- $\frac{1}{4}$  teaspoon ground cinnamon

Break up jelly with fork. Add other ingredients; mix well.

**chewy peanut-oat cookies**

- $\frac{1}{2}$  cup butter or margarine, softened
- $\frac{2}{3}$  cup packed brown sugar
- 1 egg, beaten
- $\frac{1}{2}$  cup chunky peanut butter
- $1\frac{1}{2}$  teaspoons vanilla
- $\frac{1}{2}$  cup all-purpose flour
- $\frac{1}{2}$  cup whole-wheat pastry flour

- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 cup rolled oats
- $\frac{1}{2}$  cup chopped peanuts

Cream together butter and sugar. Add egg; beat well. Stir in peanut butter and vanilla; beat smooth.

Combine flours, soda, and salt; stir until well mixed. Stir flour mixture into butter-sugar mixture. Add oats and peanuts. Drop from teaspoon onto greased cookie sheets. Flatten slightly with fork. Bake in  $350^{\circ}\text{F}$  oven 12 to 14 minutes. Yield 3 dozen.

**chocolate cherry bars**

- 8 squares dark baking chocolate
- 2 eggs

*chocolate cherry bars*







*chocolate fruit squares.*

- ½ cup sugar**
- 1 cup finely shredded coconut**
- ½ cup candied cherries, quartered**
- Confectioners' sugar**

Preheat oven to 375°F.

Break chocolate into pieces; melt in double boiler.

While chocolate is melting, grease well a shallow oblong pan about 11 × 7-inches. When chocolate is ready, spread over base of pan. Put into refrigerator; let set.

Beat eggs and sugar together until light and frothy. Carefully fold in coconut and cherries; spread over chocolate. Bake about 15 minutes, until top is firm to touch. Remove from oven; let cool. Refrigerate overnight.

Cut into bars; remove from pan. Sprinkle with confectioners' sugar, or sandwich 2 bars together with chocolate inside. Yield 24.

## chocolate fruit squares

- ¼ cup drinking chocolate or instant cocoa**
- 1 cup shredded coconut**
- ⅓ cup sultana raisins**
- ½ cup cornflakes or other cereal**
- ¼ cup chopped nutmeats**
- 1 teaspoon sherry or fruit juice**
- 2 tablespoons crushed vanilla-wafer crumbs**
- 4 tablespoons condensed milk**
- 3 squares baking chocolate**

Lightly butter 7-inch-square pan.

Put all ingredients (except chocolate squares) into mixing bowl; mix well together. Press into pan; smooth surface.

Melt chocolate in double boiler; spread evenly over top of mixture. Score with fork; refrigerate until firm. Cut into small bars or squares. Yield about 18.

## chocolate nut cookies

- ½ cup butter or margarine, softened**
- ½ cup brown sugar**
- ¼ cup honey**
- 1 teaspoon vanilla**
- 1 egg, beaten**
- 2 (1-ounce) squares unsweetened chocolate, melted**
- ¾ cup whole-wheat pastry flour**
- 2 tablespoons nonfat dry milk powder**
- ½ teaspoon salt**
- ⅛ teaspoon baking soda**
- ¾ cup chopped peanuts (unsalted)**
- 1 cup sunflower seeds (unsalted)**

Cream together butter, sugar, and honey. Blend in vanilla, egg, and chocolate.

Stir together flour, milk powder, salt, and soda. Add to creamed mixture; mix well. Stir in peanuts and sunflower seeds. Drop by teaspoonfuls onto lightly greased baking sheet, about 2 inches apart. Bake at 375°F 8 to 10 minutes. Remove from pan; cool. Yield 3 dozen.

## chocolate pretzels

- ½ cup butter or margarine**
- ¼ cup sugar**
- 1 egg, beaten**
- 1 teaspoon vanilla**
- ¼ cup milk**
- ¼ cup cocoa**
- 2 cups unsifted flour**

Cream butter and sugar until light and fluffy. Beat in egg, vanilla, and milk.

Sift cocoa and flour. Mix into butter mixture until thoroughly blended. Chill dough until firm enough to handle (about 30 minutes).

Using 2 tablespoons dough, roll a rope about 12 inches long between your hands. Shape into pretzel as follows: Make loop about 1½ inches in



diameter by crossing ends, leaving 1-inch tails. Flip loop down over crossed ends. Press firmly into place. Place on greased baking sheets. Bake at 350°F about 10 minutes. When cool, spread with Cocoa Frosting. Yield 2 dozen.

#### *cocoa frosting*

2 tablespoons cocoa

1¼ cups confectioners' sugar

2 tablespoons butter or margarine, melted

½ teaspoon vanilla

Mix cocoa and confectioners' sugar in small bowl. Gradually stir in butter and vanilla. If too thick, thin with milk.

### chocolate raisin fingers

1 cup seeded or seedless raisins

¾ cup butter or margarine

4 squares semisweet chocolate, melted

Grated rind of 1 orange

1 tablespoon corn syrup

1 cup roughly crumbled angel-food or sponge cake

Cover raisins with boiling water; leave about 3 minutes to plump. Drain; dry.

Soften butter; add with chocolate, orange rind, and syrup to cake crumbs. Add raisins; mix well. Press into oblong shape, about ½ inch thick, onto greased paper. Chill until set; cut into fingers. Garnish with slivers of orange peel (orange part only). Yield about 12 portions.

*chocolate raisin fingers*

### chocolate sandwich cookies

2¾ cups all-purpose flour

1 teaspoon baking powder

½ teaspoon salt

⅔ cup vegetable shortening

⅔ cup sugar

2 eggs

1 teaspoon vanilla extract

Chocolate chips, melted

Confectioners' sugar

Sift flour, baking powder, and salt together.

Combine shortening and sugar in large mixer bowl; cream with electric mixer until smooth. Add eggs; beat until light and fluffy. Stir in vanilla and flour mixture until blended. Shape into ball; chill in refrigerator.

Roll small portions of chilled dough to ⅛-inch thick. Cut into rounds or desired shapes; place on baking sheet. Bake in preheated 350°F oven 12 to 15 minutes or until golden brown. Remove to rack to cool.

Spread 1 cookie with chocolate; top with another cookie. Dust with confectioners' sugar. (Placing a round cookie on a shaped cookie makes a novel variation.) Yield about 36.

### chocolate tea cakes

1 (10-inch-square) Yellow-Cake layer (see Index)







*chocolate tea cakes*

#### **chocolate glaze**

- ½ cup light corn syrup**
- ⅓ cup hot water**
- 4 tablespoons butter or margarine**
- 1 (12-ounce) package chocolate chips**

Cut cake into 2-inch strips. Cut each strip into 4 equal pieces. Cut each piece into 2 triangles.

Combine corn syrup, water, and butter in saucepan; bring to boil. Heat until butter melts; remove from heat. Stir in chocolate chips until they melt; cool to room temperature.

Place each cake triangle onto 2-prong frying fork. Spoon cooled Chocolate Glaze over cakes until well-covered. Place on cooling rack to allow excess chocolate to drip from cakes. Yield 32.

#### **chocolate-wine cookies**

- 1½ cups all-purpose flour**
- 1 teaspoon baking powder**
- ½ teaspoon cinnamon**
- 1 egg, beaten**
- 1 cup ground pecans**
- ½ cup butter, softened**
- ½ cup sugar**
- 1 tablespoon sherry**
- 1 (6-ounce) package chocolate chips, melted**

#### **Almond slivers**

Sift flour, baking powder, and cinnamon together onto clean working surface; shape into ring. Place egg, pecans, butter, sugar, sherry, and ½ cup melted chocolate in center. Blend mixture with pastry scrapers until smooth dough is formed. Roll dough on floured surface to ⅛ inch thick. Cut into circles with 1½-inch cookie cutter.

Press circles into miniature cupcake pans; form very shallow shell. Bake in preheated 350°F oven about 20 to 22 minutes. Cool on wire rack.

Fill centers with remaining chocolate. Insert almond sliver in each dab of chocolate. Chill 5 minutes to set chocolate. Yield about 3½ dozen.

#### **christmas cookies**

- 2¾ cups flour**
- ½ teaspoon baking soda**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground cloves**
- ½ teaspoon grated nutmeg**
- ¾ teaspoon powdered cardamom**
- ½ cup finely chopped mixed candied fruits**
- ½ cup chopped nutmeats**
- 1 cup corn syrup**
- ¾ cup brown sugar**
- 1 tablespoon lemon juice**
- 1 teaspoon grated lemon rind**
- 1 egg, beaten**

Preheat oven to 400°F

*christmas cookies*







*christmas crullers*

Sift together flour, soda, and spices. Stir in candied fruits and nuts. Add corn syrup, sugar, lemon juice, and rind to egg; mix well. Add flour-and-fruit mixture; mix well.

Cut rounds of waxed paper, about 4 inches in diameter; grease them; put onto greased baking sheets about 2 inches apart. Put tablespoon of dough on each round of paper; spread to within  $\frac{1}{4}$  inch of outer edge of paper. Bake 12 to 14 minutes or until lightly browned and firm to touch. When cold, decorate as desired with plain or chocolate glaze, cherries, nuts, etc. Yield about 24.

## christmas crullers

**3 eggs**

**$\frac{1}{3}$  cup sugar**

**$\frac{2}{3}$  cup butter or margarine, melted**

**$\frac{1}{4}$  teaspoon ground cardamom**

**Grated rind of 1 lemon**

**3 tablespoons cream**

**4 cups flour**

**Shortening for deep frying**

**Powdered sugar for topping**

Beat eggs and sugar together until very light. Stir in butter, cardamom, and lemon rind. Add cream and flour. Dough will be quite buttery and easy to handle. Roll dough about  $\frac{1}{4}$  inch thick. Cut with pastry cutter or knife into oblongs 4 inches long, 1 inch wide. Cut slit in middle of each oblong; pull one corner through to make knot. Or just twist oblong to make ribbon effect.

Heat fat to 360°F in skillet. Fry crullers until lightly browned; drain on paper. Store in tightly covered container. Will keep a long time.

When ready to serve, sprinkle with powdered sugar. Yield about 36 crullers.

## cinnamon cookies

**$2\frac{1}{2}$  cups flour**

**$1\frac{1}{2}$  teaspoons baking powder**

**$\frac{1}{2}$  teaspoon salt**

**1 teaspoon ground cinnamon**

**1 cup sugar**

**$\frac{3}{4}$  cup oil**

**2 eggs, beaten**

**1 teaspoon vanilla extract**

Preheat oven to 375°F.

Sift flour, baking powder, salt, and cinnamon together.

Put sugar and oil in mixing bowl; mix well. Add eggs gradually, then vanilla. Add flour mixture all at once; beat well. Shape into  $\frac{1}{2}$ -inch balls; roll in sugar. Place on lightly greased baking sheets. Flatten with fork; sprinkle with sugar. Bake 10 to 12 minutes. Remove to cooling trays. Yield about 50.

## coconut pecan cookies

**$1\frac{1}{4}$  cups flour**

**$\frac{1}{8}$  teaspoon salt**

**$1\frac{1}{4}$  cups firmly packed brown sugar**

**$\frac{1}{3}$  cup melted butter**

**2 eggs**

**$\frac{1}{2}$  teaspoon baking powder**

**$\frac{1}{2}$  teaspoon almond extract**

**$1\frac{1}{4}$  cups flaked or shredded coconut**

**1 cup chopped pecans**

Preheat oven to 350°F.

Lightly grease 8-inch-square pan.

Sift 1 cup flour with salt. Add  $\frac{1}{4}$  cup sugar. Add butter; mix until smooth. Press into bottom of pan. Bake 15 minutes.

While pastry is baking, prepare topping: Beat eggs well. Gradually beat in remaining sugar; beat together until fluffy.

## COOKIES

Sift remaining flour with baking powder. Add to creamed mixture; beat well. Add almond extract, coconut, and nuts. Spread quickly over pastry; return to oven. Bake 20 minutes or until browned. Mark into squares or triangles while still warm; leave in pan to cool. Yield 16.

### cornflake cookies

- $\frac{2}{3}$  cup butter or margarine
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup packed brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 cup corn flour
- 1 teaspoon baking soda
- $\frac{1}{4}$  teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup coconut flakes
- 2 cups cornflakes

Preheat oven to 350°F.

Grease baking sheets.

Beat butter, sugars, egg, and vanilla together until creamy.

Mix flour, soda, baking powder, and salt. Stir into sugar mixture; mix well. Stir in coconut and cornflakes. Drop dough from teaspoon onto baking sheets; space about 2 inches apart.

Bake 8 to 10 minutes, until lightly browned. Cool slightly; remove from pan onto racks to finish cooling. Yield 4 dozen.

*coconut pecan cookies*

### cream-cheese refrigerator cookies

- 1 cup cake flour
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup butter or margarine
- 1 cup cream cheese
- $\frac{1}{4}$  cup sugar
- 1 tablespoon caraway seeds

Preheat oven to 400°F.

Sift flour and salt together.

Beat butter and cheese together until creamy. Add sugar; stir in flour gradually. Shape into 2-inch rolls; wrap each in waxed paper. Chill thoroughly in refrigerator.

Cut into thin slices; put onto lightly greased baking sheets. Sprinkle lightly with caraway seeds. Bake about 6 minutes. Yield about 40.

### crispy orange cookies

- 1  $\frac{1}{4}$  cups flour
- $\frac{1}{4}$  cup flour rice
- $\frac{1}{2}$  cup butter or margarine
- $\frac{3}{8}$  cup white sugar
- Grated rind of 1 large orange
- 1 egg, separated
- $\frac{1}{2}$  cup brown sugar

Preheat oven to 350°F.

Sift flour and flour rice into bowl. Rub in butter until mixture resembles fine bread crumbs. Add







*crispy orange cookies*

sugar, orange rind, and egg yolk; mix well. Knead until smooth; wrap in foil. Refrigerate  $\frac{1}{2}$  hour.

Roll dough to about 12 inches square. Brush with lightly beaten egg white; sprinkle with brown sugar. Fold corners to center. Form into ball; knead lightly. Cut in half; shape each half into roll about 9 inches long. Cut rolls into slices about  $\frac{1}{2}$  inch thick; place on greased baking sheets. Bake about 20 minutes; remove to cooling trays. Store when quite cold. Yield about 36.

## danish dollars

12 tablespoons butter  
1 cup confectioners' sugar  
2 cups flour  
 $\frac{1}{2}$  teaspoon salt  
1 cup chopped nuts (hazelnuts preferred)

Cream butter until foamy. Add sugar; mix well.

Sift together flour and salt; add to bowl. Add nuts. Dough will be stiff. In waxed paper form dough into long rolls about 2 inches round. Chill in refrigerator at least 30 minutes.

Slice roll into thin rounds; place them on greased cookie sheet. (The thinner the slice is, the thinner the finished cookie will be.) Bake at 325°F 10 to 15 minutes. Yield 40 or more cookies.

## danish pastries

2 packages dry yeast  
 $\frac{1}{4}$  cup sugar  
1 cup milk  
4 cups flour  
2 egg yolks  
 $\frac{1}{2}$  teaspoon salt  
4 tablespoons butter  
Fruit marmalade or preserves for filling  
2 egg yolks for garnish, beaten

### Sugar for garnish

### Chopped almonds for garnish

Dissolve yeast and 1 tablespoon sugar in 2 tablespoons warm milk; let this sit 10 minutes.

Sift flour. Mix yeast with flour, remainder of sugar and milk, 2 egg yolks, and salt. Work mixture with hands or dough hook until dough is smooth and elastic. Cover well-worked dough; set aside to rise at least 15 minutes.

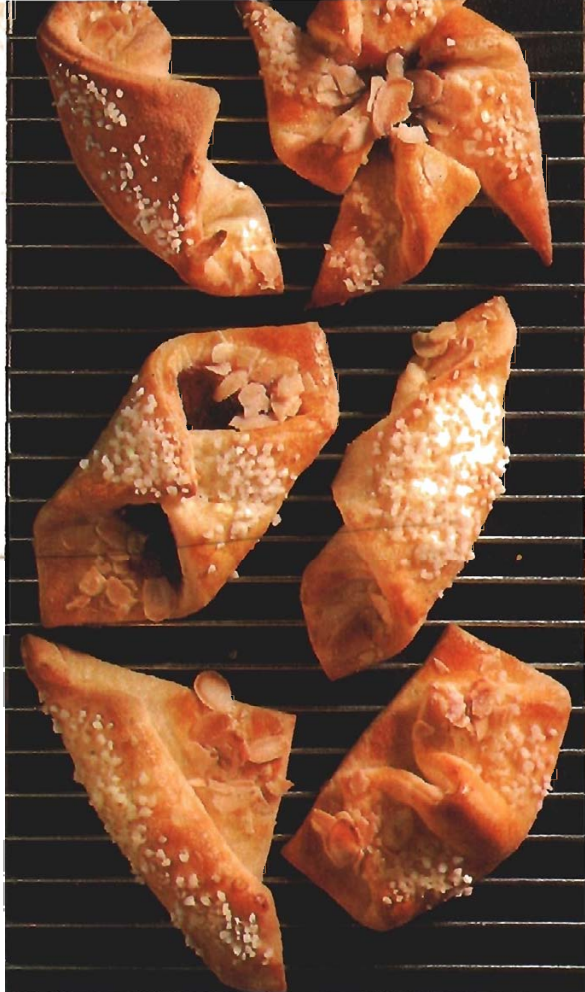
On floured board roll dough to  $\frac{1}{2}$  inch thick. Dot with 4 teaspoons butter; fold dough together. Roll dough again; repeat process until all butter has been used. Let dough rest about 10 minutes.

Roll dough to  $\frac{1}{2}$  inch thick. Cut into 4-inch squares. Place marmalade in center of each



*danish dollars*





*danish pastries*

square; form into horn- or pocket-shaped pieces. Place pieces on greased baking sheet. Coat unbaked pastries with egg yolks; sprinkle with sugar and almonds. Bake at 400°F 20 minutes. Yield about 10.

## date and almond brownies

$\frac{2}{3}$  cup flour  
 $\frac{1}{2}$  teaspoon baking powder

$\frac{1}{4}$  teaspoon salt  
 $\frac{1}{3}$  cup butter or margarine  
 2 squares baking chocolate  
 1 cup sugar  
 2 eggs, beaten  
 $\frac{1}{2}$  cup chopped almonds  
 $\frac{1}{2}$  cup chopped dates  
 1 teaspoon vanilla extract

Preheat oven to 350°F.

Grease 8-inch-square pan.

Sift flour, baking powder, and salt together.

Melt butter and chocolate in top of double boiler.

Add sugar to eggs; beat well. Add butter and chocolate. Stir in flour. Add almonds, dates, and vanilla. Turn into pan. Bake 25 minutes. Cool in pan; cut into squares or bars. Decorate with dates or almonds if desired. Yield 16 to 20.

## date-pumpkin cookies

$1\frac{1}{2}$  cups whole-wheat pastry flour  
 2 teaspoons baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
 1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon nutmeg  
 $\frac{1}{8}$  teaspoon ground cloves  
 $\frac{2}{3}$  cup butter or margarine, softened  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup packed brown sugar  
 2 eggs, beaten  
 $1\frac{1}{4}$  cups cooked or canned pumpkin  
 1 teaspoon vanilla  
 1 cup chopped dates  
 1 cup rolled oats  
 $\frac{1}{2}$  cup chopped nuts

*date and almond brownies*







*english-kitchen cookies*

Stir together flour, baking powder, soda, salt, cinnamon, nutmeg, and cloves until well blended.

Cream butter and sugars. Add eggs; beat well. Stir in pumpkin and vanilla. Blend in flour mixture; stir thoroughly. Add dates, oats, and nuts; mix well. Drop by teaspoonfuls onto greased baking sheet. Bake at 375°F about 12 minutes. Remove to rack to cool. Yield 4 dozen.

## doughnuts

**4½ teaspoons baking powder**  
**2 teaspoons salt**  
**1 tablespoon granulated sugar**  
**4 cups all-purpose white flour**  
**⅔ cup shortening**  
**1 cup Sourdough Starter (see Index)**  
**1 cup milk**  
**1 cup granulated sugar**

Combine first 4 ingredients. Cut in shortening until mixture resembles dry cornmeal. Add Sourdough Starter and enough milk to form soft dough that cleans sides of bowl. Knead lightly 6 times. Pat or roll dough to ½ inch thick. Cut into biscuits, using 2½-inch biscuit cutter. Fry doughnuts in preheated 360°F grease 1½ minutes or until golden brown. Drain; sprinkle with granulated sugar. Yield 2 dozen.

## english-kitchen cookies

**1 pound Basic Puff Pastry (see Index)**  
**¼ cup butter**  
**1 cup currants**  
**½ cup chopped candied peel**  
**⅓ cup ground almonds**

**½ teaspoon ground cinnamon**

**1 teaspoon grated nutmeg**

Preheat oven to 450°F.

Divide pastry into 2 equal-size pieces; roll each into thin square.

Melt butter. Add currants, peel, almonds, and spices; mix well. Spread on 1 pastry square to within ½ inch of edge; moisten edges with water. Cover with second pastry square; press edges well together. With back of knife mark pastry top into squares, without cutting through filling. Put on baking sheet. Bake about 25 minutes. Sprinkle with sugar; divide into squares while still warm. Yield about 12.

## florentines

**¾ cup sultana raisins**  
**2 cups crushed cornflakes**  
**¾ cup peanuts**  
**½ cup candied or maraschino cherries**

*doughnuts*







*florentines*

**½ can condensed milk**  
**3 squares baking chocolate**  
 Preheat oven to 375°F.

Grease baking sheets; line with greased paper. Dust lightly with cornstarch.

Mix raisins, cornflakes, peanuts, and cherries in mixing bowl. Add milk; blend well. Place by 2 teaspoonfuls in small heaps on sheets. Bake 15 to 20 minutes. Leave on sheets to cool. Using spatula, remove to cooling trays.

Melt chocolate in double boiler. Remove from heat; stir until slightly thickened. Spread over flat sides of cookies; mark with fork. Let chocolate set before storing. Yield about 30 cookies.

## french coconut macaroons

**4 egg whites**  
**1 teaspoon vanilla extract**

*french coconut macaroons*



**1 cup confectioners' sugar**  
**2 cups flaked coconut**  
**½ cup all-purpose flour**

Beat egg whites with electric mixer until stiff peaks form. Add vanilla; mix well. Add sugar gradually; beat well after each addition. Beat until stiff and glossy. Fold in coconut and flour; mix well. Drop from teaspoon onto buttered and floured cookie sheet. Bake in preheated 325°F oven 25 minutes or until lightly browned. Yield 2 dozen.

## fruity squares

**1 (10-ounce) package pastry mix**  
**¼ cup butter or margarine**  
**½ cup currants**  
**½ cup seedless raisins**  
**½ cup chopped candied peel (orange or lemon)**  
**¼ cup chopped blanched almonds**  
**½ teaspoon cinnamon**  
**1 teaspoon ground nutmeg**

Preheat oven to 450°F.

Divide pastry in half; roll each half thinly into a square. Place 1 square onto baking sheet.

Melt butter in pan. Add all other ingredients; mix well. Spread evenly on pastry square to within ¼ inch of edge. Moisten edge; place second pastry square on top. Press edges well together. Using back of knife, mark pastry into squares without cutting through. Brush with water; sprinkle with sugar. Bake 25 to 30 minutes. Let cool; cut into squares when ready to serve. Yield 12.

## gingerbread

**3 cups all purpose flour**  
**¼ teaspoon salt**





*gingerbread*

**2 tablespoons ground ginger**  
**2 teaspoons mixed spice**  
**2 teaspoons ground cinnamon**  
**½ cup brown sugar, tightly packed**  
**4 tablespoons milk**  
**½ cup light molasses**  
**2 tablespoons dark molasses**  
**½ cup butter or margarine**  
**3 eggs**  
**2 teaspoons baking soda**

Preheat oven to 375°F.

Grease and line baking pan about 10 × 7 × 2½-inches.

Sift flour, salt and spices together. Add sugar.

Put 3 tablespoons milk into small pan with molasses and butter or margarine, and melt over a low heat. Add beaten egg, and stir all into the flour mixture. Beat well.

Dissolve soda in the remaining 1 tablespoon warm milk, and beat into mixture.

Spread evenly in prepared pan, and bake about 50 minutes. Cool in pan; cut into squares. Yield makes 16-20 squares.

*fruity squares*





## COOKIES

### gingersnaps

- ¾ cup butter or margarine**
- 1 cup brown sugar**
- ¾ cup molasses**
- 1 egg**
- 2¼ cups flour**
- 2 teaspoons baking soda**
- ½ teaspoon salt**
- 1 teaspoon ground ginger**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground cloves**

Preheat oven to 375°F.

Put butter, sugar, molasses, and egg into mixing bowl; beat well until creamy.

Sift flour, soda, salt, and spices together. Add to creamed mixture; blend well. Form into balls; roll in granulated sugar. Place about 2 inches apart on greased baking sheets. Bake about 10 minutes. Let cool a little before removing to cooling trays. Yield about 48 cookies.

### granola orange date squares

- 1 cup butter or margarine, softened**
- 1½ cups packed brown sugar**
- ¼ cup honey**
- 2 eggs, beaten**
- ¼ cup orange juice**
- 1½ teaspoons grated orange rind**

- 1 teaspoon vanilla**
- 1 cup all-purpose flour**
- ¾ cup whole-wheat pastry flour**
- ½ cup nonfat dry milk powder**
- 1 teaspoon salt**
- 1 teaspoon baking powder**
- 2½ cups granola**
- ½ cup chopped dates**

Cream butter and sugar. Add honey, eggs, and orange juice; beat well. Stir in orange rind and vanilla.

Stir together flours, dry milk, salt, and baking powder in separate bowl. Add to butter mixture; beat until smooth. Stir in granola and dates. Pour into greased 9 × 12-inch baking pan. Bake at 350°F 40 to 50 minutes or until done. Cool; cut into squares. Yield 24.

### holiday triangles

- 1 cup chopped pecans**
- ½ cup candied fruit**
- 1¼ cups all-purpose white flour**
- ½ cup whole-wheat flour**
- ½ teaspoon baking soda**
- ½ teaspoon salt**
- ½ teaspoon ground cloves**
- ½ teaspoon allspice**
- ½ teaspoon nutmeg**
- 1 teaspoon cinnamon**
- ½ cup butter**
- ¼ cup packed brown sugar**
- 1 egg, beaten**
- ⅓ cup honey**
- 2 tablespoons buttermilk**
- 1 recipe Bourbon Glaze**
- Multicolored candy sprinkles**

Mix pecans and fruit.

Combine flours, soda, salt, and spices; sprinkle over fruit-and-nut mixture.

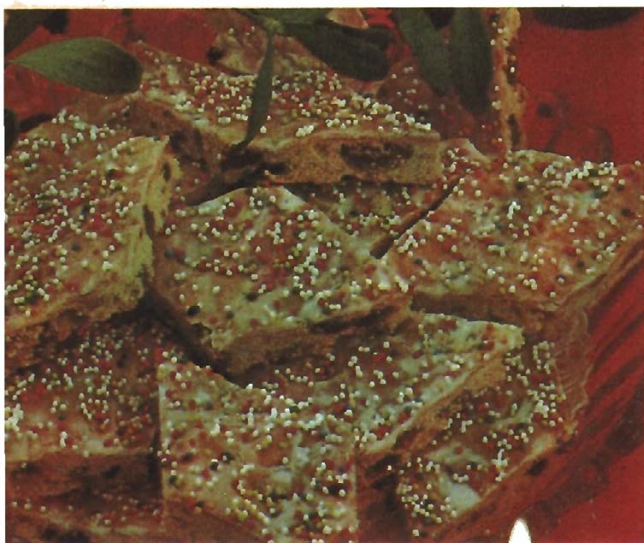
Cream butter and brown sugar until fluffy. Beat in egg. Add honey and buttermilk alternately with flour-and-nut mixture; mix well. Spread on greased jelly-roll pan. Bake in preheated 375°F oven 15 minutes or until done. Remove from oven.

Frost cake with Bourbon Glaze. Sprinkle with candy sprinkles. Cut into triangular bars; remove from pan while still warm. Yield 2 dozen.

#### *bourbon glaze*

- 2 tablespoons bourbon**
- 2 tablespoons water**
- 1 teaspoon vanilla**
- 1 cup powdered sugar, sifted**

Combine all ingredients; mix well. Yield 1 cup.



*holiday triangles*





*lebkuchen*

## honey granola cookies

- ½ cup vegetable oil
- ½ cup honey
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1¼ cups whole-wheat pastry flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup granola

Combine oil and honey. Stir in eggs and vanilla.

Combine flour, salt, and soda; stir into wet ingredients. Add granola; mix well. Drop by teaspoonfuls onto greased baking sheet. Bake at 325°F 10 to 12 minutes or until done. Yield 2 to 2½ dozen.

## lebkuchen

- 1 cup chopped walnuts
- ½ cup mixed glacé fruit
- ¼ teaspoon grated orange peel
- 1¾ cups all-purpose white flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon allspice
- ½ teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon freeze-dried coffee
- ½ cup butter or margarine
- ¼ cup packed brown sugar
- 1 egg, beaten
- ⅓ cup honey
- ½ cup Sourdough Starter (see Index)
- Rum glaze (see Index)

Mix walnuts, fruit, and orange peel.

Combine flour, soda, spices, and coffee; sprinkle over fruit-and-nut mixture.

Cream butter and sugar until fluffy. Beat in egg. Add honey and Sourdough Starter alternately with flour-and-nut mixture; mix well. Spread on greased jelly-roll pan. Bake in preheated 375°F oven 15 minutes or until done. Remove from oven. Frost with Rum Glaze. Cool; cut into bars. Yield 2 dozen cookies.

## little diplomat cakes

1 recipe Basic Close-Textured Sponge Cake  
(see Index)

1 recipe Basic Butter Cream (see Index)

1 teaspoon kirsch

1 recipe Crème Jacqueline

Prepare cake; bake in jelly-roll pan according to instructions. Cut cake into rounds with 1½-inch wet cutter. Cover; set aside.

Prepare butter cream; add kirsch. Frost rounds on tops and sides with butter cream. At this stage cakes can be stored in refrigerator in airtight container several days.

Prepare Crème Jacqueline, folding in about ⅓ of cherries and pineapple. Reserve remaining fruits for garnish.

Mound crème on top of cakes; garnish tops with reserved cherries and pineapple. Place in paper cups. Yield about 50.

*crème jacqueline*

1½ cups whipping cream

6 tablespoons sifted confectioners' sugar

4 teaspoons kirsch

⅔ cup chopped candied cherries

⅔ cup slivered candied green pineapple

Place cream in small mixing bowl; beat at high speed with electric mixer until fluffy. Add sugar



gradually, beating constantly, until stiff. Add kirsch; beat until well combined. Fold in candied fruits. Yield about 4 cups.

## **lunch-box specials**

**¾ cup whole-wheat pastry flour**  
**2 tablespoons all-purpose flour**  
**2 tablespoons nonfat dry milk powder**  
**½ teaspoon baking soda**  
**½ teaspoon salt**  
**⅔ cup butter or margarine, slightly softened**  
**½ cup packed brown sugar**  
**1 egg, beaten**  
**1 teaspoon vanilla**  
**1 cup grated cheddar cheese**  
**1¼ cups rolled oats**  
**¼ cup toasted wheat germ**  
**¼ cup sunflower seeds or finely chopped walnuts**  
**1 tablespoon flax seeds (if not available, omit, or substitute sesame seeds)**  
**6 slices bacon, cooked crisp, crumbled**  
 Combine flours, milk powder, soda, and salt; set aside.

Cream together butter and sugar until fluffy. Beat in egg and vanilla. Add flour mixture; stir well. Add remaining ingredients; stir until well distributed. Drop by teaspoonfuls onto greased cookie sheet. Bake in 350°F oven 12 to 14 minutes, until lightly browned around edges. Cool briefly on cookie sheet; remove to rack to cool. Yield 3 dozen.

## **marble brownies**

**¼ cup butter or margarine**  
**1 cup sugar**

*little diplomat cakes*

**2 eggs**  
**⅔ cup cake flour**  
**¼ teaspoon salt**  
**½ cup chopped nuts**  
**½ teaspoon vanilla extract**  
**2 squares baking chocolate, melted, cooled**  
 Preheat oven to 350°F.  
 Grease 8-inch baking pan.

Cream butter. Add sugar; beat until light and fluffy. Add eggs; beat until mixture is smooth. Gradually add flour and salt sifted together. Stir in nuts and vanilla. Pour half the batter into pan.

Mix chocolate with other half of batter; pour over plain batter. Swirl through with spoon. Bake 30 minutes. Cool; mark into squares or bars. Cut when cold. Yield 16.

## **melting moments**

**½ cup butter or margarine**  
**½ cup sugar**  
**1 egg**  
**1½ cups all-purpose flour**  
**Pinch of salt**  
**Rolls of oats**  
**Candied or maraschino cherries**  
 Preheat oven to 350°F.





*marble brownies*

Cream butter and sugar until soft and white. Beat in egg. Add flour and salt sifted together; mix to firm dough. Dampen hands; roll dough into balls about size of walnut. Roll in rolled oats. Put on greased baking pans; allow room to spread. Flatten a little; place cherry in center of each cookie. Bake 20 minutes. Yield 24 cookies.

***chocolate melting moments***

Replace 1 tablespoon flour with 1 tablespoon cocoa.

***ginger melting moments***

Add 1 teaspoon ground ginger; put piece of crystallized ginger on top.

*melting moments*



## COOKIES

### mincemeat crumble squares

- 1 (9-ounce) package mincemeat
- ½ cup water
- ¼ cup chopped walnuts
- ½ cup butter or margarine, softened
- 1 cup grated cheddar cheese
- ½ teaspoon vanilla
- 1¼ cups plus 2 tablespoons whole-wheat pastry flour
- 2 tablespoons wheat germ
- ⅛ teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons sunflower seeds

Crumble mincemeat into small saucepan. Add water; cook, stirring, until slightly thickened, 3 to 4 minutes. Remove from heat. Add walnuts; cool.

Cream butter. Add cheese and vanilla; cream together until thoroughly blended. With pastry blender cut in 1¼ cups flour, wheat germ, and salt. Divide dough in half; press half in bottom of 8× 8-inch baking pan. Bake at 400°F 6 to 8 minutes.

Add 2 tablespoons flour, sugar, and sunflower seeds to second half of dough; mix until crumbly.

Spread mincemeat evenly over baked crust. Top with remaining dough; press lightly with fingers. Bake at 375°F to 35 minutes or until golden brown. Cool; cut into squares. Yield 16.

### nantes cookies

- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- 2 eggs, well beaten
- ½ cup butter, softened
- ½ cup sugar
- 2 tablespoons Basic Sugar Syrup (see Index)
- ¼ cup finely chopped slivered almonds
- 1 (6-ounce) package chocolate chips, melted

Sift flour and baking powder together into mound on clean working surface; shape into ring. Pour eggs into center. Add butter and sugar. Blend well with 2 pastry scrapers until smooth dough is formed. (This process can also be done in strong electric mixer.) Roll dough to ⅛ inch thick on lightly floured surface. Cut with floured 1½-inch-round cutter. Brush cookies with sugar syrup. Sprinkle with almonds. Make firm indentation in center of each cookie with finger. Place cookies on buttered and floured cookie sheet. Bake in preheated 350°F oven 18 to 20 minutes or until lightly browned. Cool cookies on wire rack.

Drop small amount chocolate onto center of each cookie from demitasse spoon. Chill cookies no longer than 5 minutes to set chocolate. Yield 3½ dozen.

### nutmeg refrigerator cookies

- ½ cup butter
- ½ cup sugar
- 6 tablespoons half-and-half cream
- 3 tablespoons orange juice
- Grated rind of 1 orange
- 3 cups all-purpose flour
- 1½ teaspoons nutmeg
- ½ teaspoon salt

Cream butter with sugar in bowl.

Combine cream, orange juice, and rind; blend well.

Sift flour with nutmeg and salt; add to butter mixture alternately with orange-juice mixture. Add more flour, if needed, to form stiff dough. Shape into roll; wrap in waxed paper. Chill overnight.

Slice dough ⅛-inch thick; cut small hole with piping tube or thimble in one side of each cookie. Place on greased baking sheet. Bake in preheated 375°F oven 8 to 10 minutes or until lightly browned. Yield 4 to 5 dozen.

### orange and cinnamon squares

- 2 cups flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- Grated rind and juice of 1 large orange





## COOKIES



*peanut-butter nuggets*

**½ cup butter or margarine**  
**⅓ cup corn syrup**  
**3 tablespoons orange marmalade**  
**⅓ cup light brown sugar**  
**½ cup milk**  
**1 egg, beaten**

Preheat oven to 350°F.

Grease shallow baking pan about 10 × 7 inches; line with greased paper.

Sift flour, cinnamon, and soda together twice. Add orange rind.

Put butter, corn syrup, marmalade, sugar, and milk into pan; stir over low heat until melted. Add orange juice. Stir into flour. Add egg; beat until smooth. Pour into pan. Bake 40 to 45 minutes. Leave in pan to cool a little; turn onto cooling tray. When cold, cut into squares. Yield 18 large squares.

### original tollhouse cookies

**1 cup plus 2 tablespoons sifted flour**  
**½ teaspoon baking soda**  
**½ teaspoon salt**  
**½ cup butter or margarine, softened**

**6 tablespoons granulated sugar**

**6 tablespoons packed brown sugar**

**½ teaspoon vanilla**

**¼ teaspoon water**

**1 egg**

**1 (6-ounce) package (1 cup) semisweet chocolate morsels**

**½ cup coarsely chopped nuts**

Sift together flour, soda, and salt; set aside.

Combine butter, sugars, vanilla, and water; beat until creamy. Beat in egg. Add flour mixture; mix well. Stir in chocolate and nuts. Drop by well-rounded half-teaspoonfuls onto greased cookie sheets. Bake 10 to 12 minutes at 375°F. Yield 50 (2-inch) cookies.

### peanut-butter nuggets

**1 cup peanut butter**

**1 teaspoon lemon juice**

**¼ teaspoon salt**

**1½ cups (1 can) condensed milk**

**1 cup chopped seedless raisins**

Preheat oven to 375°F.

Mix peanut butter, lemon juice, and salt together. Gradually stir in milk. Add raisins. Drop from teaspoons onto greased baking sheets. Bake 10 minutes. Yield 36.

### petits fours

**1 recipe Basic Close-Textured Sponge Cake (see Index)**

**2 recipes Basic Butter Cream (see Index)**

**4 (1-pound) boxes confectioners' sugar**

**Kirsch, cointreau, Grand Marnier or  
creme de menthe**

**Food Coloring**

Prepare cake; bake in jelly-roll pan according to instructions. Cut into rounds with wet 1-inch cutter. Keep cake rounds covered to keep from drying out.

Butter cream and icing can be divided and flavored with various liqueurs and tinted as desired, or one flavor can be used. Icing petits fours is time-consuming.

Make small amount of confectioners' sugar icing at a time; it dries quickly. Combine 2 cups sifted confectioners' sugar with 1 teaspoon desired liqueur, food coloring, and enough water to make dipping consistency. Dip cake rounds into icing, place on wire racks over jelly-roll pans to harden. Make icing and dip cakes until all have been covered.

Prepare 1 recipe butter cream at a time; pipe large rosette on top of each iced cake.

Prepare more icing; spoon carefully in circular motion over rosette of each cake; let icing flow evenly to coat completely. If heavier coating is



*petits fours*

desired; spoon another coat of icing over cakes. Let stand until icing has hardened. Store in airtight containers or freeze until ready to use. Yield about 100.

## **pistachio cookies**

**1 cup sweet unsalted butter**  
**6 tablespoons confectioners' sugar**  
**1 egg yolk**  
**2 teaspoons cognac**  
**2¼ cups cake flour, sifted**  
**Pistachio nuts**

Preheat oven to 350°F.

Cream butter until very soft and fluffy. Beat in sugar, then egg yolk and cognac. Work in flour gradually to form dough. Chill at least 1 hour.

Break off pieces of dough; form into balls about 1 inch in diameter. Place on lightly greased baking sheets. Press pistachio nut into each. Bake about 15 minutes, until pale golden color. When cool, sprinkle with confectioners' sugar. Yield about 36.

## **poppy treats**

**2 cups milk**  
**1 package active dry yeast**  
**½ cup Sourdough Starter (see Index)**  
**2 cups all-purpose white flour**  
**½ cup butter or margarine, melted**  
**½ cup granulated sugar**  
**3 egg yolks, beaten**  
**1 teaspoon salt**  
**3½ to 4 cups all-purpose white flour**

**2 (12-ounce) cans poppy-seed filling**  
**1 cup walnuts, chopped fine**  
**2 eggs, beaten**

Scald milk; cool to lukewarm.

Dissolve yeast in warm milk. Stir in Sourdough Starter. Mix in 2 cups flour; let mixture stand long enough to develop a bubbly sponge. Add butter,



*poppy treats*





*pretzel cookies*

sugar, egg yolks, and salt; mix well. Work in 2 cups flour. Pour 1 cup flour on kneading surface. Pour sponge mixture on flour; cover with 1 cup flour. Knead until flour is worked into dough. Add flour until semi-stiff dough has formed. Knead 10 minutes or until folds form. Place in greased bowl; grease top. Cover; let rise until double in bulk. Punch down; knead 2 minutes. On floured surface roll to  $\frac{1}{4}$  inch thick. Cut into 36 (3-inch) squares.

Combine poppy-seed filling and nuts. Place 1 to 2 teaspoons filling in middle of each square. Fold over corners to form triangles; pinch edges. Place on greased cookie sheet; cover. Let rise until double in bulk. Brush with eggs; place in cold oven. Set oven at 375°F. Bake 15 to 20 minutes or until golden brown. Cool on rack. Yield 3 dozen.

## **pretzel cookies**

$\frac{1}{2}$  cup butter or margarine  
 $\frac{3}{4}$  cup granulated sugar  
 2 eggs, beaten

**2 tablespoons milk**  
**1 cup flour**  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{2}$  cup brown sugar  
**2 tablespoons ground cinnamon**

Preheat oven to 375°F.

Cream butter with  $\frac{1}{4}$  cup granulated sugar. Add eggs and milk; beat until smooth. Add flour and salt sifted together; mix to smooth dough. Wrap in foil; chill 2 to 3 hours. Mix brown sugar, cinnamon, and remaining granulated sugar; sprinkle onto pastry board. Put dough on board; roll to about  $\frac{1}{4}$  inch thick. Cut into strips about  $\frac{1}{2}$  inch wide; form into pretzel or twists. Sprinkle well with sugar mixture; arrange on greased and floured baking sheets. Bake 12 minutes or until just delicately browned. Yield about 36 cookies.

## **sesame-seed cookies**

**1 cup sweet butter**  
 **$1\frac{1}{2}$  cups sugar**  
**1 teaspoon vanilla extract**



*sesame-seed cookies*

**3 eggs**  
**5 cups self-rising flour**  
**½ teaspoon ground cinnamon**  
**½ cup sesame seeds**  
**1 egg beaten with 2 tablespoons milk**

Cream butter until light. Add sugar and vanilla; beat well. Add eggs one at a time; beat well after each addition.

Sift flour and cinnamon; add to creamed mixture to form soft dough. Chill several hours or overnight.

To form cookies, take scant tablespoon dough and roll into 3½-inch-long rope. Pinch ends together to form doughnut shape. Dip in sesame seeds; place several inches apart on greased baking sheet. Brush with egg beaten with milk. Bake at 375°F 15 minutes or until lightly browned. Cool on rack; store in airtight container. Yield 6 dozen.

## shortbread cookies

**½ pound sweet butter, room temperature**  
**½ cup sifted confectioners' sugar**  
**1 egg yolk**  
**½ teaspoon vanilla extract**  
**1 tablespoon brandy**  
**2½ cups flour, sifted, then measured**

**½ teaspoon baking powder**  
**½ cup walnuts, chopped fine (almonds can be substituted)**  
**48 cloves**

**Additional confectioners' sugar**

Beat butter with electric mixer until very light and fluffy. Sift sugar into butter; cream. Add egg yolk, vanilla, and brandy.

Sift flour and baking powder together. Add nuts, then flour mixture to creamed mixture; stir to form soft dough. Knead lightly; chill several hours.

Form dough into balls; use rounded teaspoon of dough for each cookie. Place on ungreased



*shortbread cookies*



cookie sheet 2 inches apart; place whole clove in each cookie. Bake at 350°F 15 to 20 minutes or until light brown.

Roll cookies in powdered sugar while still hot. Cool; store in airtight container. Be careful handling these cookies; they are very delicate. Yield 4 dozen.

## sour-cream cookies

1½ cups flour  
½ teaspoon baking powder  
⅛ teaspoon baking soda  
½ teaspoon salt  
½ cup butter or margarine  
½ cup granulated sugar  
⅛ cup firmly packed brown sugar  
1 egg, beaten  
½ teaspoon vanilla extract  
¼ cup sour cream

Preheat oven to 400°F.

Sift flour, baking powder, soda, and salt together.

Cream butter. Add sugars; beat until soft and creamy. Add egg and vanilla. Add flour mixture alternately with sour cream; set aside to chill. Divide into rolls about 2 inches in diameter; wrap each in waxed paper. Put in refrigerator; leave until thoroughly chilled.

Cut dough into slices about ⅛ inch thick; place on ungreased baking sheets. Bake about 8 to 10 minutes. Yield about 48.

### three-in-one cookies

**chocolate:** To one-third of cookie dough add 1 square dark baking chocolate melted.

**spice:** To second third add ½ teaspoon cinnamon; ⅛ teaspoon each allspice, ground cloves, and nutmeg; ¼ teaspoon ginger; and ¼ cup finely chopped raisins.

**coconut:** To last third add ½ cup shredded coconut.

## spice bars

4 eggs, slightly beaten  
1 cup sugar  
½ cup brown sugar  
2 cups whole-wheat flour  
½ teaspoon baking soda  
1 teaspoon cinnamon  
½ teaspoon cloves  
¼ teaspoon nutmeg  
¼ teaspoon cardamom  
½ cup candied fruit  
½ cup chopped almonds

Beat together eggs and sugars in medium bowl.

Sift together flour, soda, and spices in separate bowl. Gradually beat flour mixture into sugar

mixture. Add fruit and nuts; stir to blend. Refrigerate batter 3 or more hours.

With moistened knife, spread 1 tablespoon batter into 1½ × 2½-inch bar (about ¼ inch thick) on well-greased cookie sheet. Let stand overnight at room temperature.

Bake at 350°F 15 minutes.

Cookies are best when served after storing several days in covered container. Yield 2½ dozen.

## spritz cookies

½ cup butter or margarine  
½ cup powdered sugar  
½ teaspoon almond extract  
1 egg yolk, beaten  
1¼ cups cake flour  
¼ teaspoon salt  
1 egg white  
Colored coarse sugar crystals

Preheat oven to 400°F.

Cream butter. Add powdered sugar; beat well, until soft and creamy. Add almond extract and egg yolk. Gradually stir in sifted flour and salt. Put into cookie press. Using various forms of nozzles, as available, press out shapes onto ungreased baking sheet. Brush with egg white beaten until frothy with few drops water. Sprinkle with colored crystals or with chopped nuts or decoretes. Bake about 8 minutes or until very lightly browned. Yield about 30.

## strudel (horseshoe cookies)

1 cup flour  
¾ teaspoon baking powder  
1½ tablespoons sugar  
1 tablespoon butter  
1 egg, beaten  
About ½ cup milk  
1 tablespoon seedless raisins  
Fat or oil for deep frying

Sift flour, baking powder, and sugar into bowl. Cut in butter with pastry blender or 2 knives. Add egg and enough milk to make fairly firm dough. Add raisins; shape tablespoons of mixture into horseshoe shapes. Drop into hot 360°F fat; fry until golden brown. Drain well; roll in powdered sugar. Eat hot or cold. Yield about 20.

## sugar cookies

2 cups flour (approximately)  
1½ teaspoons baking powder  
½ teaspoon salt  
½ cup butter or margarine  
1 cup sugar  
1 egg



#### *spice bars*

**1 teaspoon vanilla extract**  
**1 tablespoon cream or milk**

Preheat oven to 375°F.

Sift 1½ cups flour with baking powder and salt.

Cream butter until soft. Beat in sugar, egg, vanilla, and cream. Stir in flour mixture. Add enough remaining flour to make dough stiff enough to roll out. Refrigerate until well chilled. Place on lightly floured board; roll about ⅛ inch thick. Cut into desired shapes with floured cutter, or use cookie press. Place on ungreased baking sheets; sprinkle with sugar. Bake 8 to 10 minutes. Remove to cooling trays. Can be served plain or decorated in a variety of ways. Yield 50 to 60.

#### *butterscotch cookies*

Substitute 1 cup brown sugar for white sugar.

#### *chocolate crisps*

Mix and sift ½ teaspoon ground cinnamon with

flour. Add 2 squares melted baking chocolate to butter-sugar-egg mixture.

#### *gingersnaps*

Reduce baking powder to ½ teaspoon. Add ¼ teaspoon baking soda and 1 teaspoon ground ginger; sift with flour. Reduce sugar to ½ cup. Beat ½ cup molasses into butter-sugar mixture. Omit vanilla. Substitute 2 tablespoons water for cream.

#### *sour-cream cookies*

Reduce baking powder to ½ teaspoon. Add ¼ teaspoon baking soda and ¼ teaspoon ground cinnamon or nutmeg to flour. Substitute squeeze of lemon juice for vanilla and ⅓ cup sour cream for fresh cream.

#### *spice sugar cookies*

Mix and sift ¼ teaspoon each ground cinnamon and powdered cloves with flour. Omit vanilla.



## sweet-potato cookies

⅓ cup butter or margarine  
 ⅓ cup brown sugar  
 ⅓ cup honey  
 1 egg, beaten  
 1 cup whole-wheat pastry flour  
 ⅓ cup nonfat dry milk powder  
 1 teaspoon baking powder  
 ¼ teaspoon baking soda  
 ¾ teaspoon salt  
 ¼ teaspoon cinnamon  
 ¼ teaspoon nutmeg  
 3 tablespoons wheat germ  
 1 cup shredded, peeled, sweet potato  
 1 teaspoon grated lemon rind  
 ¼ cup grated coconut  
 1¼ cups rolled oats  
 ⅓ cup chopped nuts

Cream together butter, sugar, and honey. Beat in egg.

Stir together flour, dry milk, baking powder, soda, salt, cinnamon, nutmeg, and wheat germ. Add to egg mixture; beat well. Stir in sweet potato, lemon rind, coconut, oats, and nuts; mix well. Drop by teaspoonfuls onto greased baking sheet. Bake at 375°F 10 to 12 minutes. Cool on rack. Yield 3 dozen.

## vanillekipferl

1 cup flour  
 Pinch of salt  
 ¼ cup butter or margarine, cut into small pieces  
 ¼ cup ground almonds  
 1 cup vanilla flavored sugar (or 1 cup white sugar and ¼ teaspoon vanilla extract)

Preheat oven to 350°F.

Sift flour and salt onto board. Add butter, almonds, and 3 tablespoons flavored sugar. Using hands, work together to smooth paste. Cover; leave in cool place at least ½ hour. Put onto board (do not add flour); roll with palm of hand into long sausage shape. Cut into 24 equal pieces. Roll each piece into a sausage; keep middle a little thicker than ends. Twist into crescent shape. Put onto baking sheets (not greased or floured). Bake until pale golden color, about 10 minutes.

Put remaining sugar onto large dish. When cookies are done, put one at a time into sugar; coat thoroughly. At this stage they are very fragile and must be handled carefully. When quite cold, store in airtight jar. Yield about 24 cookies.

*sugar cookies*



# CREPES

## basic crepe batter

**1½ cups flour**

**⅛ teaspoon salt**

**3 eggs**

**1½ cups milk**

**2 tablespoons butter or oil, melted, cooled**

Sift flour and salt into bowl.

Break eggs into another bowl; mix until yolks and whites are blended. Pour into reservoir in middle of the dry ingredients. (Mixing is more difficult if you break eggs right into dry ingredients.) Stir flour mixture into eggs little by little. It may be necessary to add a little milk (or whatever liquid is used in recipe) to incorporate all flour; mix liquid in thoroughly spoonful at a time before adding more. When mixture becomes easy to work (when about half of liquid has been used), remainder can be added in 2 portions. Add melted butter (and flavorings if indicated); mix. Cover; set aside at least 1 hour but not more than 6 hours at room temperature. Crepe batter can be held overnight in refrigerator. If necessary, crepe batter can be cooked immediately, but "resting" time allows flour to absorb more liquids, makes batter easier to handle, and gives crepes more flavor. Since flours vary in ability to absorb liquid, if crepe batter seems too thick when ready to cook it, a small amount of extra liquid can be added then. Consistency should be at least as thin as heavy cream.

Mixer or whisk method: Combine eggs and salt in medium mixing bowl. Gradually add flour alternately with milk, beating until smooth. Beat in melted butter.

Blender or food-processor method: Combine ingredients in container; blend about 1 minute. Scrape down sides with rubber spatula; blend 15 seconds or until smooth. Yield 24 to 26 (6-inch) crepes or 40 smaller crepes.

## basic crepes

Heat 1 tablespoon oil in crepe or omelet pan or in heavy 5- to 6-inch skillet; pour out oil. (Or place pan over medium heat; brush with oil.) Lift pan from heat; pour in just enough batter to cover bottom. Swirl pan so batter completely covers bottom in very thin layer. Return to medium heat; cook until crepe is set and edges dry. Slide spatula under edge of crepe to loosen. Lift carefully; turn gently. Brown other side just a few seconds; remove from heat. Shake pan to loosen; slide crepe from pan onto oiled waxed paper. Cook crepes until all batter is used. Separate with waxed paper oiled on both sides. Seal crepes in aluminum foil; store in refrigerator or freezer until ready to use. Loosen foil and place on cookie sheet in 275°F oven to reheat.

## crepes with caviar

**8 to 10 (3-inch diameter) warm crepes**

**½ cup red caviar**

**½ cup black caviar**

**8 to 10 lemon wedges**

Have above foods available; let each person make his own crepes. These are perfect for an informal yet elegant cocktail party. Yield 4 to 6 servings.

*crepes with caviar*







*crepes with fresh mushrooms*

*crepes with fillings*

## **crepes with fillings**

- 1-pound package bacon strips, cut in half**
- 1 pound fresh mushrooms**
- 1 small green pepper**
- 1 small red pepper**
- 12 warm crepes**

Fry bacon until crisp; drain on paper towels.

Wash mushrooms; fry until browned.

Clean peppers; cut into strips.

Serve with crepes; let each person fill his own.

Yield 6 servings.

## **crepes with fresh mushrooms**

- ½ pound fresh mushrooms**
- 2 tablespoons butter**
- ½ teaspoon salt**
- 1 bouillon cube, crumbled**
- 2 tablespoons sherry**
- ¼ cup dairy sour cream**
- 1 tablespoon minced chives**
- 8 crepes**

**1 recipe Tomato Sauce for Crepes (see Index)**

Slice mushrooms; sauté in hot butter several minutes. Add salt, bouillon cube, and sherry; cook until simmering. Stir in sour cream and chives; heat until warm through. Spoon mixture onto centers of crepes; fold. Serve with tomato sauce spooned over tops. Yield 4 servings.







*green crepes*

## green crepes

- ½ package frozen chopped spinach
- ½ teaspoon crumbled chervil
- 2 tablespoons chopped chives

### Basic crepe batter

Thaw spinach. Add well-drained spinach, chervil, and chives to batter. Make thin crepes. Yield 4 servings.

## smoked-oyster crepes

- 1 (3-ounce) package cream cheese, softened
- 2 tablespoons mayonnaise
- 1 tablespoon finely chopped green onions
- 1 teaspoon finely chopped pimiento
- 1 (3½-ounce) can smoked oysters, drained, chopped
- 8 cooked crepes

Combine cream cheese, mayonnaise, onions, pimiento, and oysters. Spread on crepes; roll up. Broil until bubbly. Serve hot for first course. Yield 4 servings.

## spontaneous crepe snacks

There is no need to be confined by a recipe in formulating crepes. Almost any combination of leftovers can make a delicious snack, such as:

Slice of ham, chopped green olive, mushrooms, and sour cream;

Sardines, mixed sweet pickles, green onion tops sliced very thin lengthwise, and tartar sauce;

Cottage cheese, walnuts, raisins, chopped green onion tops, and blue-cheese flavoring.

## MAINDISH CREPES

### blintzes

- 12 ounces cottage cheese
- 1 egg yolk
- 1 teaspoon butter, softened
- 1 teaspoon vanilla
- 18 crepes, cooked on 1 side only
- 2 teaspoons butter
- 2 teaspoons vegetable oil
- 2 tablespoons sugar
- Confectioners' sugar

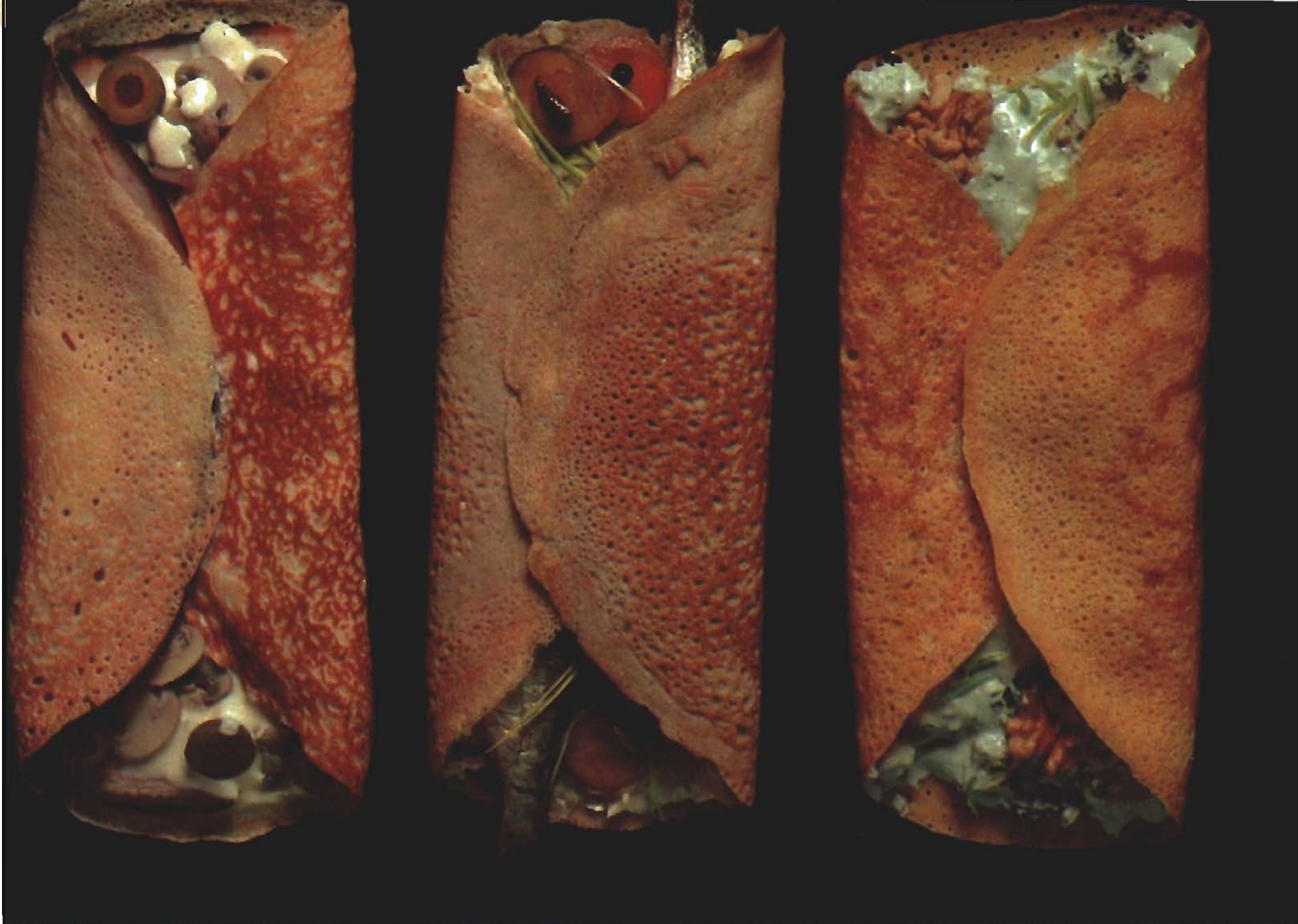
Mix cheese, egg yolk, softened butter, and vanilla. Divide filling among crepes on cooked side; roll up.

Melt remaining butter and oil in large frypan; place half of crepes in pan. Fry until golden brown; turn once. Repeat with rest of crepes; add more butter and oil if necessary. Dust crepes with sugar. Pass dairy sour cream if desired. Yield 4 servings.

### cannelloni crepes

- 1 medium onion, finely chopped
- 2 tablespoons vegetable oil
- ¾ pound ground beef
- 2 tablespoons tomato sauce
- ½ cup flour
- 1 beef bouillon cube dissolved in 1 cup boiling water
- ½ cup sliced mushrooms
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons butter
- 1¼ cups milk





*spontaneous crepe snack*

**1/3 cup grated cheddar or Parmesan cheese**

**8 warm crepes**

Fry onion in hot oil 5 minutes. Add meat; cook 5 minutes. Remove from heat. Stir in tomato sauce and 1/4 cup flour. Add bouillon, mushrooms, and seasonings. Cover; simmer 45 minutes.

Meanwhile, melt butter in separate small pan. Stir in 1/4 cup flour; cook 2 minutes. Remove from heat. Gradually stir in milk; bring to boil while stirring. Blend in 1/4 cup cheese. Remove from heat; leave cover on.

Fill crepes with ground-beef mixture; roll up. Place in baking dish; pour sauce over. Sprinkle

with remaining cheese. Broil about 3 minutes, until golden. Serve at once. Yield 4 servings.

## **cheese, bacon, and onion crepes**

**1 pound thinly sliced bacon**

**2 tablespoons butter**

**10 green onions with tops, chopped**

**12 crepes**

**2 cups grated American cheese**

Fry bacon until crisp. Drain; crumble. Pour off bacon fat from frypan. Add butter; heat. Stir in onions; cook 3 minutes, until soft.

*blintzes*







#### *cannelloni crepes*

In each crepe place small amount of onions and spoonfuls of bacon and cheese. Reserve enough cheese to sprinkle tops. Roll up each crepe; place in buttered baking dish. Sprinkle tops with cheese. Bake at 400°F 15 minutes. Yield 6 servings.

### **cheese layer crepes**

- 1/3 cup vegetable oil
- 1 medium onion, chopped
- 1 pound ground beef
- 1/4 cup flour
- 1 (8-ounce) can tomato sauce
- 1 bouillon cube dissolved in 1 cup boiling water
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 6 crepes
- 1 recipe Mornay Sauce (see Index)
- 3/4 cup grated cheddar cheese
- 2 tablespoons Parmesan cheese

Heat oil; fry onion gently 5 minutes or until tender. Add meat; cook 5 minutes. Drain off fat. Stir in flour; remove pan from heat. Add tomato sauce; thoroughly blend. Add bouillon, bay leaf, and seasonings. Cover; simmer gently 40 minutes.

Place 1 crepe in bottom of baking dish; spread layer of meat, then layer of sauce. Sprinkle with cheddar cheese. Continue layers; end with layer of sauce. Sprinkle Parmesan on top. Bake in 350°F oven 30 minutes or until golden brown. Yield 4 servings.

### **chicken-divan crepes**

- 1 (10-ounce) package frozen chopped broccoli
- 1 can cream of chicken soup (undiluted)
- 1/2 teaspoon Worcestershire sauce
- 3/4 cup grated Parmesan cheese
- 2 cups small strips cooked chicken
- 12 crepes
- 1/3 cup mayonnaise
- 1 tablespoon milk

Cook broccoli according to package directions; drain. Combine with soup, Worcestershire sauce, 1/2 cup cheese, and chicken. Divide mixture between crepes; roll up. Place in shallow baking dish.

Combine mayonnaise with milk; spread over crepes. Sprinkle with 1/4 cup cheese; broil until cheese bubbles. Yield 6 servings.

### **chicken-in-white-wine crepes**

- 3 tablespoons minced green onions
- 3 tablespoons butter
- 3 cups diced chicken
- 1 cup diced cooked ham
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon tarragon
- 1/2 cup dry white wine
- 1/2 cup canned mushrooms
- 1 hard-cooked egg, diced
- 1 double recipe Velouté Sauce (see Index)



## MAIN DISH CREPES • CREPES

**12 crepes**

**2 tablespoons melted butter**

Saute onions in 3 tablespoons hot butter 1 minute. Stir in chicken, ham, salt, pepper, and tarragon; stir over high heat 2 minutes. Pour in wine; boil until liquid has almost disappeared. Mix in mushrooms and egg. Fold in Velouté Sauce. Divide mixture among crepes; roll up. Place in greased baking dish; brush tops with melted butter. Heat at 350°F 10 minutes. Yield 6 servings.

### creamed-oyster crepes

**1 pint oysters**

**2 tablespoons butter**

**2 tablespoons flour**

**1 cup oyster liquor (add cream to make 1 cup)**

**½ teaspoon salt**

**½ teaspoon curry powder**

**1 teaspoon lemon juice**

**8 warm crepes**

**Chopped parsley for garnish**

Drain oysters; pat dry with paper towels. Save oyster liquor.

Melt butter; blend in flour. Stir in oyster liquor slowly. Add salt and curry powder; heat to simmer. Heat oysters thoroughly but do not boil. Season with lemon juice. Divide among crepes; roll up. Garnish with parsley. Yield 4 servings.

### crepes a la bellman

**bouillon**

**2 chicken bouillon cubes**

**2¼ cups water**

**1 teaspoon salt**

**2 to 3 white peppercorns**

**1 tablespoon chopped onion**

**½ carrot, chopped**

*cheese layer crepes*







**sauce**

- 1 small veal sweetbread**
- 2 tablespoons butter**
- 2½ tablespoons flour**
- 3 ounces boiled ham, chopped**
- 1 tablespoon chopped onion**
- ¼ cup heavy cream**
- 8 warm crepes**
- 2 tablespoons grated cheese**

Combine all bouillon ingredients; bring to simmer.

Rinse sweetbread; boil in bouillon about 10 minutes. Skim; let cool in bouillon. Remove membranes around sweetbread. Chop sweetbread.

***crepes a la bellman***

Melt butter. Add flour; brown lightly. Add strained bouillon; simmer 3 to 4 minutes, stirring until smooth. Add sweetbread, ham, onion, and cream. Season to taste. Distribute sauce on crepes; roll up. Place in greased baking dish; sprinkle cheese on top. Bake 5 to 10 minutes at 425°F. Yield 4 servings.

**crepes with chicken-liver  
pâté**

- 2 tablespoons butter**
- ½ pound chicken livers**



2 eggs, hard-cooked  
2 (3-ounce) packages soft cream cheese  
1 tablespoon finely chopped parsley  
1 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon cognac  
12 crepes  
1 tablespoon melted butter

Heat 2 tablespoons butter in frying pan. Add livers; cook, stirring occasionally, over medium heat 10 minutes or until tender. Drain.

Chop livers and eggs in food grinder, food processor, or blender (add a little at a time).

Work cream cheese with spoon until light and fluffy. Mix into liver mixture along with all remaining ingredients except melted butter. Put 2 spoonfuls along center of each crepe; roll. Turn seam-side-down in buttered baking dish; brush with melted butter. Bake at 375°F 15 to 20 minutes. Serve hot as first course, or slice and serve cold as hors d'oeuvres. Yield 6 servings.

## crepes romaine

1 tablespoon chopped onion  
2 tablespoons butter  
1 tablespoon flour  
1 cup light cream  
4 ounces smoked salmon, diced  
3 hard-cooked eggs, chopped  
1 to 2 tablespoons capers  
1/2 teaspoon chopped dill  
1/2 teaspoon fresh lemon juice  
8 warm crepes  
2 tablespoons grated cheese

Fry onion in 1 tablespoon butter until soft. Stir in flour. Add cream a little at a time; let simmer 3 to 4 minutes. Add salmon, eggs, capers, dill, and lemon juice. Season to taste. Place heaping tablespoonful on each crepe; roll up. Place in buttered ovenproof dish. Sprinkle with grated cheese. Dot with butter. Bake in preheated 400°F oven 5 to 8 minutes or until cheese has melted and crepes are hot through. Yield 4 servings.

## crepes with spaghetti sauce

Prepare 2 cups of a favorite spaghetti-sauce recipe. Add meat, sausage, or mushrooms. If sauce is runny, add enough tomato paste to thicken. Fill 8 to 10 crepes; roll. Place in baking dish. Spread extra sauce over tops of crepes. Sprinkle with grated Parmesan cheese. Bake at 400°F 15 minutes. Yield 4 or 5 servings.

## crepes with veal

1 pound thin slices of veal, cut into 1-inch squares  
2 tablespoons flour

3 tablespoons vegetable oil  
1 clove garlic, minced  
2 tablespoons chopped onion  
1 tablespoon parsley  
1/2 teaspoon basil  
2 tomatoes, chopped  
1/4 cup heavy cream  
Salt and pepper to taste  
12 crepes

Dredge veal with flour.

Heat oil; fry veal until lightly brown. Move meat to side of pan. Sauté garlic, onion, and parsley. Add basil and tomatoes; cook over medium heat until tomatoes are soft. Break up with fork. Add cream, salt, and pepper; cook over low heat until thoroughly heated. Cool. Place spoonful or two in each crepe; roll up. Place seam-side-down in greased baking dish. Bake at 350°F 30 minutes. Yield 4 servings.

## egg-and-zucchini crepes

1 cup dry bread crumbs  
1/2 cup butter or margarine  
1/3 cup minced onion  
1 large zucchini, cut into julienne strips  
3 eggs, lightly beaten  
1/2 teaspoon salt  
1/8 teaspoon pepper  
3 tablespoons minced parsley  
12 crepes  
1/3 cup grated Parmesan cheese  
1/3 cup grated Gruyère cheese

Sauté bread crumbs in 1/4 cup butter; toss until lightly toasted. Remove from pan; reserve.

Add rest of butter to pan; sauté onion and zucchini until tender. Add eggs, salt, and pepper; with fork very lightly scramble mixture over low heat. Add egg mixture to bread crumbs. Stir in parsley. Divide mixture among crepes; roll up. Arrange seam-side-down in buttered shallow baking dish. Sprinkle with cheeses. Bake at 375°F 10 minutes or until hot and cheese is golden. Yield 4 to 6 servings.

## ham-filled crepes

2 cups finely chopped cooked ham  
2 hard-cooked eggs, finely chopped  
1/4 cup chopped ripe olives  
2 teaspoons sweet pickle relish  
3/4 cup mayonnaisse  
8 crepes  
8 slices Swiss cheese

Combine ham, eggs, olives, relish, and mayonnaisse. Divide among crepes; roll up. Place in shallow baking pan with 1 slice cheese on each crepe. Broil until cheese melts. Yield 4 servings.

## CREPES • MAIN DISH CREPES

### manicotti

- 3 eggs
- ½ teaspoon salt
- 2 pounds ricotta cheese
- ¾ cup Parmesan or Romano cheese
- ¼ teaspoon pepper
- ½ pound mozzarella, cut into 12 strips
- 12 to 14 crepes
- 3 (8 ounce) cans tomato sauce

Mix eggs, salt, ricotta, ¼ cup Parmesan, and pepper. Place about 2 tablespoons filling and a strip of mozzarella on each crepe; roll up.

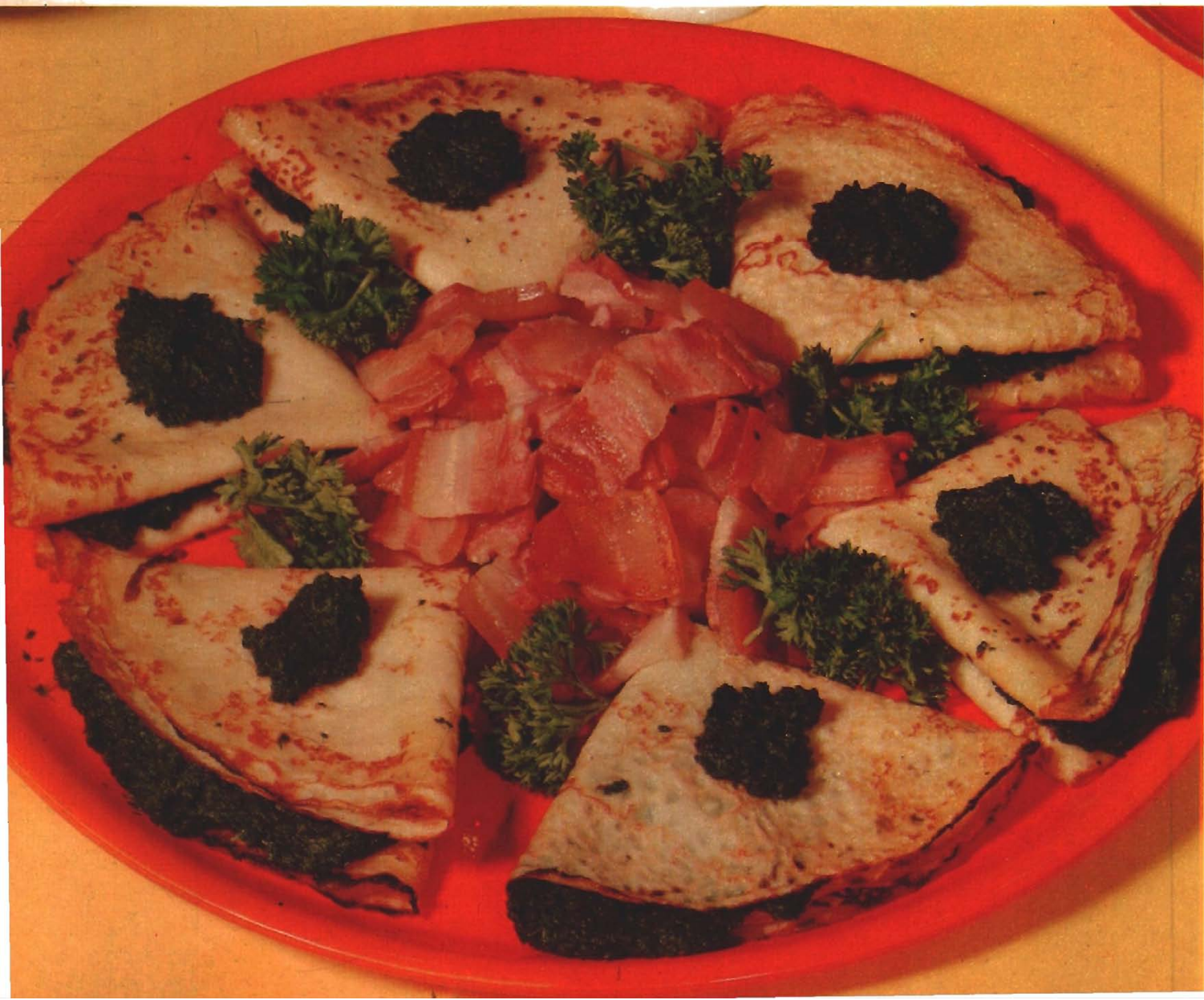
Pour 1 can tomato sauce into large baking dish. Place crepes seam-side-down in sauce. Sprinkle with ½ cup Parmesan. Cover with 2 cans sauce. Bake in preheated 350°F oven 45 minutes. Yield 6 to 8 servings.

### pizza crepes

- 6 crepes
- 1 tablespoon olive oil or vegetable oil
- ½ cup tomato sauce
- ½ teaspoon oregano
- ¼ teaspoon basil
- ¼ cup thin slices pepperoni
- ¼ cup sliced mushrooms
- ¾ cup grated mozzarella cheese
- ¼ cup grated Parmesan cheese

Brush crepes with oil; spread with tomato sauce. Sprinkle with herbs. Top with pepperoni, mushrooms, and cheeses. Broil open-face until bubbly. Yield 6 servings.

*spinach-and-ham crepes*





## spinach-and-ham crepes

- 1 pound spinach
- 1 cup finely chopped boiled ham
- 3 tablespoons heavy cream
- Pinch of salt
- Pinch of nutmeg
- 1 tablespoon cornstarch mixed in 2 tablespoons cold water (optional)
- 8 crepes
- 2 tablespoons butter
- Pieces of ham or bacon for garnish

Discard stems and heavy veins of spinach; wash to remove grains of sand. Cook about 5 minutes in plenty of boiling water; drain.

Place ham in food processor. Add spinach, cream, salt, and nutmeg; turn on motor. Return mixture to clean saucepan; stir over low heat. If puree appears too thin, add 1 tablespoon cornstarch dissolved in 2 tablespoons cold water; it will thicken immediately. Spread some ham-and-spinach puree on crepe; fold crepes into triangles. Place in buttered ovenproof dish. Dot with butter. Heat 15 minutes in preheated 400°F oven. Garnish with pieces of ham or bacon. Can be served with Mornay or Hollandaise sauce (see Index). Yield 4 servings.

## tuna-with-herbs crepes

- 1 (6½-ounce) can tuna, drained
- 3 hard-cooked eggs, peeled, chopped
- ½ cup mayonnaise
- 1 teaspoon prepared mustard
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon sweet pickle relish
- 1 tablespoon chopped parsley
- ½ teaspoon dried tarragon
- ½ teaspoon dried chervil
- 8 crepes
- 2 tablespoons melted butter

Break tuna into small chunks. Combine tuna, eggs, mayonnaise, mustard, salt, pepper, relish, parsley, tarragon, and chervil. Divide among crepes; roll up. Brush tops with butter. Heat at 350°F 20 minutes or until hot through. Yield 4 servings.

## DESSERT CREPE BATTERS

### basic dessert crepe batter

- 4 eggs
- 1 cup flour
- 2 tablespoons sugar

- 1 cup milk
- ¼ cup water
- 1 tablespoon melted butter, cooled

Mixer or whisk method: Beat eggs in medium mixing bowl. Gradually add flour and sugar alternately with milk and water, beating until smooth. Beat in melted butter.

Blender or food-processor method: Combine ingredients in container; blend about 1 minute. Scrape down sides with rubber spatula; blend 15 seconds or until smooth.

Refrigerate batter at least 1 hour before use. Yield 20 to 25 crepes.

### chocolate dessert crepe batter

- 3 eggs
- 1 cup flour
- 2 tablespoons sugar
- 2 tablespoons cocoa
- 1½ cups buttermilk (or add 1 tablespoon lemon juice to 1½ cups regular milk)
- 2 tablespoons melted butter, cooled

Mixer or whisk method: Beat eggs in medium mixing bowl. Add flour, sugar, and cocoa alternately with buttermilk, beating until smooth. Beat in melted butter.

Blender or food-processor method: Combine ingredients in container; blend about 1 minute. Scrape down sides with rubber spatula; blend 15 seconds or until smooth.

Refrigerate batter at least 1 hour before use. Yield 18 to 22 crepes.

## DESSERT CREPES

### apricot soufflé crepes

- 2 cups dried apricots
- 1 cup water
- 6 eggs, separated
- ⅔ cup sugar
- 12 warm dessert crepes
- 2 cups Basic Egg Custard (see Index) or 1 package egg-custard mix
- Slivered toasted almonds

Prepare apricot puree by simmering apricots in water until tender. Sieve or puree in blender or food processor; reserve.

Beat egg yolks and sugar until thick.

In separate bowl beat egg whites until stiff.

Fold ½ cup apricot puree into beaten yolks; fold into egg whites.

Spread crepes with a little remaining apricot puree; divide egg mixture among crepes. Lightly

## CREPES • DESSERT CREPES

fold crepes over soufflé; place in baking dish. Cook in 450°F oven 4 minutes or until puffy. Pour warm custard over crepes. Sprinkle with almonds; serve. Yield 6 servings.

### blueberry crepes

2 pints blueberries  
½ cup red wine  
½ cup orange juice  
¼ cup red currant jelly  
1 tablespoon arrowroot  
2 tablespoons cold water  
12 dessert crepes  
2 tablespoons butter  
Confectioner's sugar  
Whipped cream or sour cream

Wash blueberries; put into bowl.

Combine the wine, orange juice, and jelly; bring to boiling in small saucepan.

Dissolve arrowroot in cold water; add to boiling liquid. It will thicken immediately. Remove from heat; combine sauce with blueberries.

Put 2 to 3 tablespoons blueberries in each crepe. Roll crepes; place in buttered ovenproof dish. Dot with butter. Bake in preheated 400°F oven 15 minutes. When removed from oven, dust crepes heavily with sifted confectioner's sugar. Serve with whipped or sour cream. Yield 6 servings.

### chocolate-and-nut crepes

2 tablespoons cocoa  
⅓ cup cornstarch  
¼ cup sugar  
2½ cups milk  
½ cup chopped walnuts  
6 warm dessert crepes

Blend cocoa, cornstarch, and sugar with small amount of milk.



*apricot soufflé crepes*

Bring rest of milk to boil; blend into cocoa mixture. Return to pan; bring to boil, stirring constantly until thick. Reserve ¼ cup chocolate sauce and 1 tablespoon chopped walnuts. Mix rest of sauce with nuts. Fill warm crepes with mixture; roll up. Spoon remaining sauce on top of crepes; sprinkle with reserved nuts. Serve at once. Yield 6 servings.

### cream-of-almond crepes

2 tablespoons butter  
2 tablespoons flour

*cream-of-almond crepes*







*crepe gateau*

1 cup milk  
 3 ounces almond extract  
 3 egg yolks  
 1 cup sugar  
 ½ teaspoon salt  
 ¼ cup Grand Marnier liqueur or rum  
 ⅓ cup chopped candied cherries  
 ⅓ cup chopped angelico  
 ⅓ cup candied orange peel  
 12 to 15 dessert crepes

Melt butter; blend in flour. Cook 1 minute. Add cold milk; bring to simmer. Cook 2 to 3 minutes, stirring constantly; remove from heat. Add almond extract, egg yolks, sugar, and salt; beat. Adjust sweetness to taste. Add Grand Marnier and candied fruits; refrigerate until cold.

Divide mixture among crepes; roll up package-style. Place in ovenproof dish; dot with butter. Sprinkle tops with sugar. Place under broiler 3 to 4 minutes, until sugar is browned, or stack crepes with filling between each layer and top with a little filling. Yield 6 servings.

## crepe gateau

24 to 30 dessert crepes

Apple sauce or various preserves and jams of your choice: blackberry, orange marmalade, gooseberry, raspberry, strawberry, grape, etc. or Basic Custard (see Index)

Fruit-flavored liqueur

Stack dessert crepes one at a time; place layer of applesauce, custard, or preserve between each 2 crepes. Top with liqueur; cut into quarters with sharp knife. Yield approximately 6 servings.

## crepes suzettes gourmet-style

6 cubes sugar

2 oranges

1 lemon

1 stick soft sweet butter

¼ cup Grand Marnier, curacao, Benedictine, Cointreau or Triple Sec

## CREPES • DESSERT CREPES

### 12 dessert crepes

**¼ cup brandy**

Rub sugar cubes over rinds of oranges and lemon; combine on plate with butter. Place butter in chafing dish. Add juice of 1 orange and 1 lemon and ¼ cup liqueur. When contents of pan are hot and bubbling, add crepes one at a time. Coat each crepe with sauce; fold into triangle. Push to side of dish. When all crepes are coated, arrange over surface of dish; allow to heat through. Flame crepes with brandy; serve immediately. Yield 6 servings.

### easy crepes suzettes

**½ cup sweet butter, softened**

**¼ cup sugar**

**2 teaspoons grated orange peel**

**½ cup orange juice**

**¼ cup curaçao**

**12 warm dessert crepes**

**1 small orange, sliced**

**1 small lemon, sliced**

**2 tablespoons brandy**

Cream butter; beat in sugar. Add orange peel, juice, and curaçao. Spread orange butter on each crepe. Fold into fourths. Decorate with orange and lemon slices. Pour brandy over; serve. (If flaming dessert is desired, heat brandy in small pan, pour over crepes, and ignite.) Yield 6 servings.

*crepes suzettes gourmet-style*







*easy crepes suzettes*



## CREPES • DESSERT CREPES

### easy dessert crepes

Prepare dessert crepes ahead; warm in a 300°F oven 10 minutes. Be imaginative in filling and garnishing crepes.

#### *crepes with applesauce*

Fill crepes with applesauce mixed with whipped cream. Garnish with ground cinnamon.

#### *crepes with preserves*

Fill crepes with strawberry or raspberry jam; lingonberry preserves are also very delicious and attractive. Garnish with same preserve or with sugar.

#### *crepes with marmalade and pecans*

Fill with equal amounts of pecans and orange marmalade; roll. Sprinkle with sugar.

(top to bottom)

*crepes with applesauce*

*crepes with preserves*

*crepes with marmalade and pecans*





### hot ice-cream crepes

1 pint coffee ice cream  
12 cold dessert crepes  
Chocolate or melba sauce

Preheat oven to 475°F. Divide ice cream among crepes; roll up. Place in ovenproof dish. Bake in hot oven about 2 to 3 minutes. Serve with cold chocolate sauce or Melba Sauce (see Index). Yield 4 servings.

### mixed-fruit crepes with whipped cream

3 bananas

2 tablespoons heavy cream  
1 tablespoon sugar  
12 dessert crepes  
1 pound fresh or canned peaches  
1 pound fresh or canned pears  
2 tablespoons butter

Mash bananas with cream and sugar; cover surface of each crepe.

Cut peaches and pears into small pieces; lay over bananas. Roll or fold crepes; place in buttered ovenproof dish. Dot with butter. Bake in preheated 400°F oven 15 minutes. Serve with Melba Sauce (see Index) or whipped cream. Yield 6 servings.

*hot ice-cream crepes*





*whipped-cream-filled crepes*





## CREPES • DESSERT CREPES

### strawberry-cream crepes

- 4 cups sliced fresh strawberries
- 2 tablespoons sugar
- 1 (14-ounce) can sweetened condensed milk
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{2}$  cup heavy cream, whipped
- 12 dessert crepes

Whipped cream for garnish

12 whole strawberries for garnish

Sprinkle sliced strawberries with sugar; set aside.

Beat milk with lemon juice until thick. Fold in strawberries and whipped cream. Divide among crepes; fold. Garnish with additional whipped cream and a strawberry centered on cream. Yield 6 servings.

### whipped-cream-filled crepes

- $\frac{1}{2}$  pint heavy cream, chilled
- Sugar and vanilla to taste
- 6 warm dessert crepes
- 1 pint fresh raspberries or strawberries

Whip chilled cream until thick. Add sugar and vanilla. Divide whipped cream among crepes; fill and roll. Garnish with berries; sprinkle sugar over tops for beautiful but simple dessert. (A filling of sour cream would be a delicious variation.) Yield 6 servings.





# DESSERTS

## CUSTARD

### baked custard

3 cups milk  
4 eggs  
⅓ cup sugar  
¼ teaspoon salt  
1 teaspoon vanilla  
Nutmeg or cinnamon (optional)

Heat milk until hot but not boiling.

Beat eggs in large bowl. Add sugar and salt. Add milk slowly, stirring all the time. Mix in vanilla. Pour into baking pan. Sprinkle with nutmeg or cinnamon. Bake at 300°F about 1 hour, until a knife stuck in center comes out clean. Yield 6 servings.

### baked caramel custard

¾ cup sugar  
2 large eggs or 4 yolks  
⅓ cup sugar  
¼ teaspoon salt  
½ teaspoon vanilla  
2 cups milk, scalded

Melt ¾ cup sugar in small skillet, stirring constantly until pale brown. Divide caramelized sugar among 6 custard cups; turn cups so caramel will coat sides. Let harden.

Meanwhile, mix eggs, ⅓ cup sugar, salt, and vanilla. Add milk gradually. Strain into custard cups. Place cups in pan of hot water.

Bake in 350°F oven 30 to 35 minutes or until silver knife comes out clean. Remove from hot water immediately. Serve chilled and unmolded. Yield 6 servings.

### banana chocolate cream

12 Coconut Macaroons (see Index)  
Juice of 2 oranges, strained  
1 tablespoon rum (optional)  
6 bananas  
Grated rind of 1 orange  
1 recipe Basic Confectioners' Custard (see Index)  
¾ cup whipping cream, whipped  
¼ cup coarsely grated sweet chocolate  
1 can mandarin oranges

Arrange macaroons in 1 or 2 serving dishes or in individual custard cups.

Combine orange juice and rum; drizzle over macaroons. Let stand 20 minutes.

Mash bananas with fork in bowl.

Stir orange rind into Confectioners' Custard. Fold in the bananas. Fold in whipped cream; mound mixture over macaroons. Sprinkle evenly with chocolate. Can be refrigerated 3 to 4 hours before serving, if desired.

Arrange mandarin orange sections around sides of each dish as a border just before serving. Yield 4 to 6 servings.

### basic confectioners' custard

1 cup milk  
1 vanilla pod or 1 teaspoon vanilla extract  
¼ cup all-purpose flour  
½ cup extra-fine sugar  
3 egg yolks

Combine milk and vanilla pod in small saucepan. Cook over medium heat to just below boiling.

Combine flour and sugar in medium mixing bowl, blending well. Add egg yolks; beat thoroughly with electric mixer.

*banana chocolate cream*







*crème brûlée*

Remove vanilla pod from milk (dry pod; store for later use). Pour milk slowly into flour mixture, stirring constantly with wooden spoon until well blended. Pour into top of double boiler. Cook over boiling water, stirring constantly, until custard is thick and smooth. Cool to lukewarm. Yield about 1 cup.

## basic egg custard

**2 eggs**  
**2 egg yolks**  
**½ cup sugar**  
**3 cups milk**  
**1 vanilla pod or 1 teaspoon vanilla extract**

Beat eggs, egg yolks, and sugar together, using electric mixer at medium speed, about 5 minutes, until thick and doubled in bulk.

Slowly heat milk with vanilla pod in heavy saucepan until hot but not boiling. Remove pod; stir milk into egg mixture. Pour into top of large double boiler; add vanilla pod. Cook over hot water, stirring constantly, about 20 minutes, until thickened. Remove vanilla pod; rinse and pat dry for future use. Makes thin custard that can also be used as a sauce. Yield about 3 cups.

## bread-and-butter custard

**4 thin slices home-style bread**  
**Soft butter**

**1 quart milk**  
**6 large eggs**  
**1 cup sugar**  
**1 teaspoon vanilla**  
**Nutmeg, ground or freshly grated**

Lay bread, buttered-side-up, in single layer in square glass baking dish (8 × 8 × 2 inches).

Scald milk by heating until bubbles appear around edge.

Slightly beat eggs in large bowl. Add sugar and vanilla; beat just until blended. Gradually and gently beat in scalding-hot milk; strain over bread (custard mixture will look foamy). Sprinkle generously with nutmeg. Place in center of large aluminum roasting pan (17 × 11 × 2 inches). Pour enough hot water into pan to come as high as pudding mixture in dish. Bake in preheated 325°F oven until silver or stainless-steel knife inserted in center comes out clean, about 40 minutes; chill. Serve, if desired, with strawberry or raspberry preserves flavored with kirsch. Yield 8 servings.

## crème brûlée

**6 egg yolks**  
**6 tablespoons sugar**  
**3 cups half-and-half cream**  
**1 vanilla pod or 1 teaspoon vanilla extract**  
**½ cup light brown sugar**

Beat egg yolks slightly. Add sugar; beat 5 minutes or until eggs are lemon-colored.



Place cream and vanilla pod in top of double boiler; bring to boil. Pour small amount of hot mixture over egg mixture, beating constantly. Return to remaining hot mixture; cook over hot water 3 to 4 minutes or until slightly thickened. Remove vanilla pod. Pour mixture into heat-resistant serving dish. Chill 6 to 8 hours or until set.

Sift brown sugar; sprinkle evenly over custard. Place under broiler about 4 inches from source of heat. Broil, watching carefully, 3 to 4 minutes or until brown sugar melts. Chill before serving. Yield 6 servings.

## fried custard

2 tablespoons cornstarch  
 ¼ cup all-purpose flour  
 ½ cup sugar  
 2 cups milk  
 4 egg yolks, beaten  
 Dash of nutmeg  
 Dash of salt  
 1 teaspoon vanilla extract

## Fine cracker crumbs

1 egg, beaten

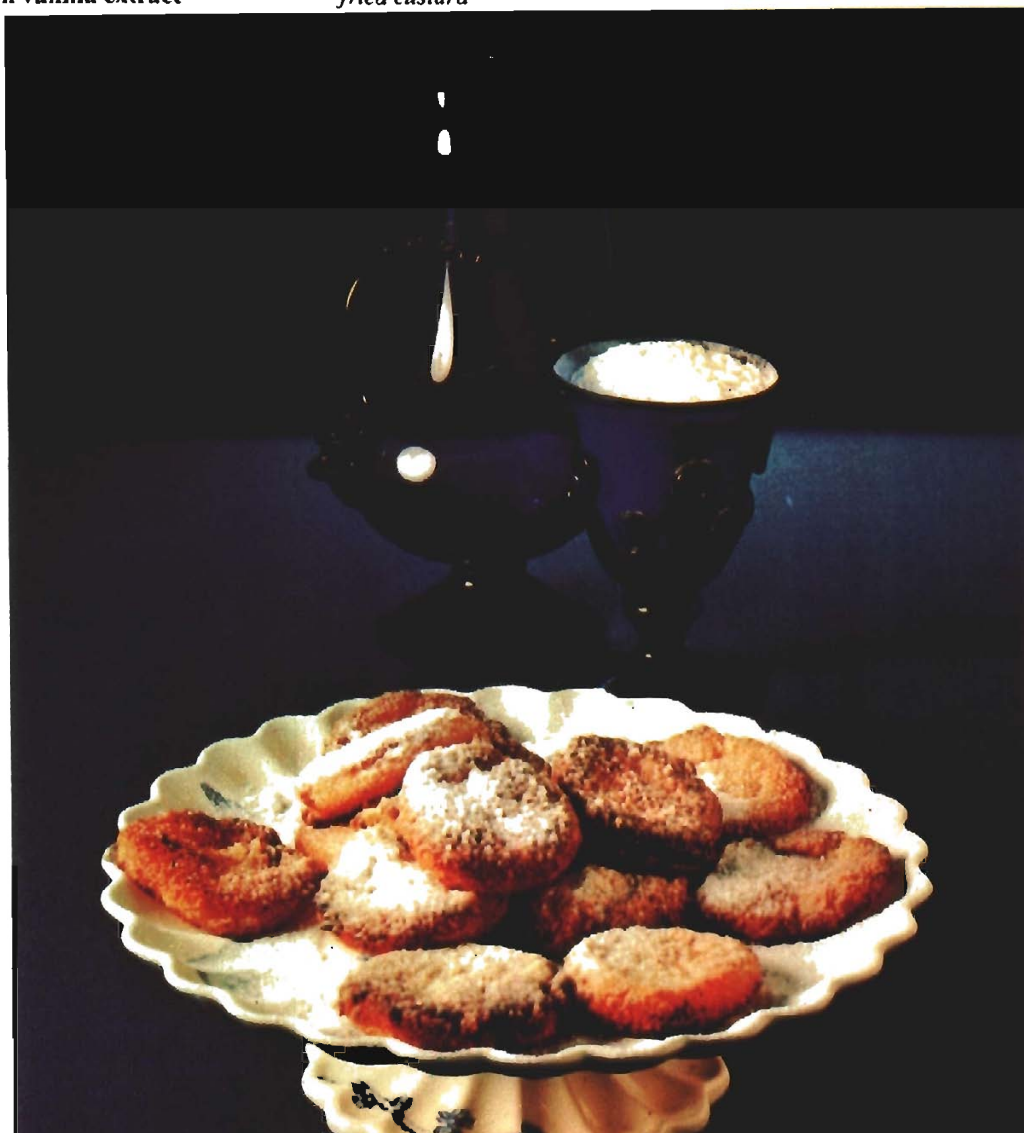
## Confectioners' sugar

Combine cornstarch, flour, and sugar in top of double boiler. Gradually add milk, stirring constantly. Cook over boiling water until thickened, then cook 5 minutes longer, stirring constantly. Gradually stir part of hot mixture into egg yolks; stir egg yolks into hot mixture. Add nutmeg and salt; cook about 1 minute. Remove from heat. Stir in vanilla. Pour into oiled 8-inch-square pan; let stand in refrigerator 4 to 5 hours or overnight.

Cut firm custard into rounds, using biscuit cutter. Dredge in cracker crumbs. Dip in egg, then dredge in crumbs again. Fry in deep hot (380°F) fat until golden brown. Sprinkle with sugar; serve hot.

Strained orange juice can be poured over each serving, if desired. Hot custard can be poured into oiled 8 × 4-inch loaf pan and, after chilling, cut into 6 strips for frying, if desired. Yield 6 servings.

*fried custard*





*frozen christmas custard*

## **frozen christmas custard**

**2 tablespoons chopped candied cherries**  
**2 tablespoons chopped candied ginger**  
**2 tablespoons chopped candied pineapple**  
**2 tablespoons raisins**  
**1 tablespoons currants**  
**2 tablespoons chopped mixed candied peel**  
**⅓ cup sauterne**  
**2 recipes Basic Confectioners' Custard (see Index)**  
**2 cups whipping cream, stiffly beaten**

Combine cherries, ginger, pineapple, raisins, currants, and mixed peel in small bowl. Pour sauterne over mixture. Let stand 1 hour; drain.

Add fruit mixture to custard. Fold in whipped cream until well blended. Place in lightly oiled 8-cup soufflé dish; freeze until hard.

To unmold, let custard stand at room temperature 10 minutes. Dip bowl in hot water; turn custard out onto platter.

Pour boiling water into bowl; dip sharp knife into water. Cut custard into wedges; place on serving platter. (Dip knife into hot water before cutting each slice.)

Frozen custard can be made into balls by using ice-cream scoop that has been dipped into boiling water. Yield 10 to 12 servings.

## **german custard (sauce allemande)**

**2½ cups milk**  
**1 tablespoon potato flour**

**1 vanilla pod or 1 teaspoon vanilla extract**  
**Sugar to taste**  
**3 eggs, separated**

Make paste with small amount of milk and potato flour.

Combine remaining milk and vanilla pod in top of double boiler; bring to boiling. Stir in paste until smooth. Remove vanilla pod (rinse and dry for future use). Stir in sugar until well mixed.

Beat egg yolks thoroughly; stir in small amount of hot mixture. Return egg mixture to double boiler; cook, stirring constantly, until sauce is smooth. Remove from heat; let cool to lukewarm.

Beat egg whites until stiff peaks form. Fold ⅓ of egg whites into custard until thoroughly blended; carefully fold in remaining egg whites. Chill until ready to serve. Yield 6 to 8 servings.

## **german custard with raspberries**

**1 quart fresh raspberries**  
**1 pint fresh currants (optional)**  
**Sugar to taste**  
**1 recipe German Custard**

Combine raspberries, currants, and sugar in large bowl; chill until ready to serve.

Spoon raspberry mixture into serving dishes; top with generous amount of custard. Three 10-ounce packages frozen raspberries can be substituted for fresh raspberries, if desired. Yield 6 servings.





*german custard with raspberries*

## **hazelnut cream**

- 1 recipe Basic Confectioners' Custard (see Index)
- 1 envelope unflavored gelatin
- 2 tablespoons rum
- 1 cup ground toasted hazelnuts or pecans
- 1 cup whipping cream

Prepare custard.

Soften gelatin in  $\frac{1}{4}$  cup water; stir into custard until dissolved. Cool custard to lukewarm. Add



*hazelnut cream*

## **CUSTARD • DESSERTS**

rum; mix well. Chill until partially set. Add hazelnuts; mix until well blended.

Beat cream until stiff peaks form; fold into hazelnut mixture until blended. Turn into lightly oiled 6-cup mold; chill until firm. Unmold onto serving dish.

Additional whipped cream can be piped in rosettes around mold and each rosette topped with whole toasted hazelnut, if desired. Yield about 8 servings.

## **little chocolate pots**

- 1½ cups milk
- 2 cups chocolate chips
- 2 eggs
- $\frac{1}{4}$  cup sugar
- Pinch of salt

Pour milk into heavy saucepan; heat to boiling.

Combine remaining ingredients in blender or food-processor container. Pour in hot milk; blend at low speed 1 minute or until smooth. Pour into 6 custard cups; chill at least 2 hours before serving. Garnish, if desired, with piped whipped cream; dust with chopped nuts. Yield 6 servings.

## **mexican trifle**

- $\frac{1}{4}$  cup sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$  teaspoon salt
- 2 cups milk
- 2 eggs, slightly beaten
- 1 teaspoon vanilla
- 4 cups cubed Pound Cake (see Index)
- 4 tablespoons brandy
- 4 tablespoons apricot preserves
- $\frac{1}{2}$  cup whipped cream
- 1 tablespoon confectioners' sugar
- Grated semisweet chocolate
- Toasted slivered almonds

Combine sugar, cornstarch, and salt in medium saucepan. Stir in milk until well-blended; cook over medium heat, stirring constantly, until mixture boils (it will be quite thin). Add a little to eggs; beat well. Add mixture to rest of sauce in pan; cook, stirring constantly, until mixture starts to bubble. Stir in vanilla; cool, covered with waxed paper.

Place cake cubes in glass bowl. Sprinkle with 3 tablespoons brandy; drizzle with preserves. Pour custard over cake cubes.

Whip cream with confectioners' sugar until stiff. Fold in 1 tablespoon brandy.

Top cake and custard with whipped cream. Garnish with grated chocolate and almonds. Cover; chill several hours before serving. Yield 4 to 6 servings.





*little chocolate pots*

## swiss roll and custard

**1 recipe Basic Rolled Sponge Cake (see Index)**

**1 (7½-ounce) jar blackberry jam**

**2 packages unflavored gelatin**

**½ cup cold water**

**1 recipe Basic Egg Custard (see Index)**

Prepare sponge cake. Spread evenly with blackberry jam. Roll up; let stand until ready to use.

Sprinkle gelatin over cold water; let stand 3 minutes to soften.

Prepare custard in double boiler; stir in softened gelatin until dissolved. Place top of double boiler in bowl filled with ice. Let stand 5 minutes; stir occasionally.

Cut rolled sponge cake into 10 even slices. Place 1 slice in center of oiled 2-quart mold; arrange 3 slices evenly around side of mold. Slowly pour in custard to half the depth of the 3 slices. Place another slice in center of custard; arrange 3 slices around side between first 3 slices. Pour in more custard to half the depth of last 3 slices added. Place another slice in center of custard.

Cut remaining cake slice into thirds, so that each third has curved side; place around side of mold, straight-edge-down. Pour in remaining custard. Chill several hours or until firm.

Unmold and cut in wedges to serve. Rolled sponge cake can be made day ahead and wrapped in plastic wrap, if desired. Yield 6 to 8 servings.



*swiss roll and custard*



## **FRUIT**

### **apple charlotte**

**6 medium cooking apples**  
**½ cup brown sugar**  
**Grated rind and juice of 1 lemon**  
**8 thinly cut slices of bread and butter**  
**Sugar**

Grease 5-cup charlotte mold with butter.

Peel, core, and slice apples. Place layer in bottom of mold; sprinkle with brown sugar, lemon rind, and lemon juice. Cover with bread and butter. Repeat until dish is full; finish with layer of bread and butter. Cover with greased paper. Bake in 350°F oven ¾ to 1 hour. Turn out of dish, if desired, and dredge well with sugar before serving.

Alternatively, cut bread ¼ inch thick before buttering; line mold with it, buttered-side-out, so that pieces fit tightly together. Fill with remaining ingredients packed tightly; bake as above. Yield 5 to 6 servings.

### **apple cobbler**

**4 cups peeled, sliced baking apples**  
**1½ cups sugar**  
**⅛ teaspoon cinnamon**  
**½ teaspoon almond extract (optional)**  
**2 tablespoons butter**  
**1½ cups sifted flour**  
**2 teaspoons baking powder**  
**½ teaspoon salt**  
**¼ cup butter**  
**1 egg, beaten**  
**⅔ cup milk**

Place apples in 1½-quart baking dish. Sprinkle with 1 cup sugar, cinnamon, and almond extract, dot with 2 tablespoons butter.

Sift flour, baking powder, ⅓ cup sugar, and salt into mixing bowl. Cut in ¼ cup butter until mixture is slightly coarser than cornmeal.

Combine egg and milk; pour into dry ingredients. Stir just enough to combine; spoon over apples in baking dish.

Bake in 425°F oven about 30 minutes, until browned. Serve with fresh cream, sour cream, or ice cream, if desired. Yield 6 to 8 servings.

### **apple crumble**

**1 (1-pound) can pie apples**  
**1 teaspoon cinnamon**  
**2 tablespoons sugar**  
**¾ cup flour**  
**½ cup packed brown sugar**  
**3 tablespoons milk powder**  
**6 tablespoons softened butter**

Combine apples, cinnamon, and sugar; place in greased baking dish.

Combine flour, brown sugar, and milk powder; cut in butter. Sprinkle mixture over apples. Bake in 350°F oven 30 minutes. Serve with ice cream. Yield 4 to 6 servings.

### **apple crunch**

**3 medium-size apples**  
**¼ cup packed brown sugar**  
**¾ cup flour**  
**¾ cup white sugar**  
**¼ teaspoon salt**  
**¼ teaspoon cinnamon**  
**1 egg**  
**½ cup melted margarine or butter**

Pare and slice apples. Mix with brown sugar in baking pan; set aside.

Mix flour, sugar, salt, and cinnamon; set aside.

Beat egg; mix with flour mixture. Spread over fruit. Pour margarine over top. Bake at 375°F about 45 minutes, until lightly browned. Serve warm. Yield 6 servings.

### **apple fritters**

**4 to 6 cooking apples, peeled, cored**  
**White wine to cover**

Cut apples crosswise into ½-inch slices. Each slice will have a hole in center. Soak slices in wine 2 hours.

Drain apples; dip singly in fritter batter. Fry until lightly browned all over; drain on paper towel. Serve piping hot. Yield 4 to 6 servings.

#### *fritter batter*

**2 egg yolks**  
**⅓ cup milk**  
**1 tablespoon lemon juice**  
**1 tablespoon melted butter**  
**1 cup flour**  
**¼ teaspoon salt**  
**2 tablespoons sugar**  
**2 egg whites, beaten stiff**

#### **Deep fat for frying**

Combine batter ingredients in order given by stirring with wooden spoon. Fold in egg whites last.

Heat fat in large skillet.

### **apple john**

**1½ pounds cooking apples, peeled, cored, sliced**  
**¾ cup sugar**  
**½ teaspoon ground cinnamon**  
**1 teaspoon grated nutmeg**  
**2 tablespoons butter or margarine**



*apple john*

#### **pastry**

**2 cups all-purpose flour**  
**½ teaspoon salt**  
**1 teaspoon baking powder**  
**½ cup butter or margarine**  
**⅔ cup milk**

Preheat oven to 425°F.

Put apples into baking dish.

Mix sugar with spices; sprinkle on apples. Dot with butter.

Sift flour, salt, and baking powder together; cut in butter. Add milk; mix with fork until ingredients are just blended. Knead lightly on floured surface. Roll out; cut into 2-inch rounds. Arrange on top of apples; press sides down well.

Brush lightly with milk. Bake 25 minutes. Reduce heat to 350°F; cook 20 minutes. Yield 5 to 6 servings.

### **applesauce**

**2 pounds apples**  
**⅓ cup water**  
**¼ cup sugar**

Pare apples if desired; trim away bruised or injured areas. Core; slice.

Bring water to boil; add apples. Cover; return to boil. Reduce heat; simmer until apples are tender, about 12 to 15 minutes. Stir occasionally to prevent sticking; remove from heat.

Put apples through food mill or sieve; add sugar. Mix thoroughly; chill. Yield 6 servings.

### **baked apples**

**6 large baking apples**  
**6 tablespoons sugar**  
**2 tablespoons butter or margarine**  
**Cinnamon to taste**  
**½ cup water**

Wash and core apples; pare one-third of way down, or slit skin around apple about halfway

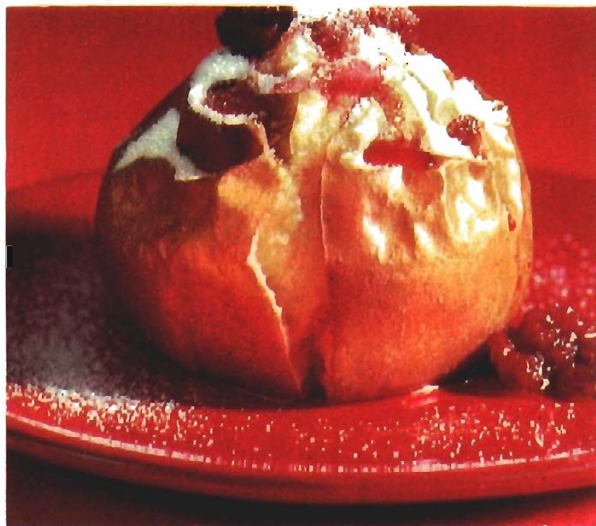
down. Place in baking dish; put sugar and butter in center of each apple. Sprinkle with cinnamon; pour water around apples to prevent sticking. Bake, uncovered, at 400°F until tender, 45 minutes to 1 hour. Yield 6 servings.

### **baked apples with cranberry filling**

**4 large apples**  
**8 tablespoons whole cranberry sauce**  
**1 tablespoon butter or margarine**  
**¾ cup boiling water**  
**2 tablespoons sugar**

Core apples to within ½ inch of bottoms; fill centers with cranberry sauce. Dot tops with butter. Place in 8 × 8-inch pan with boiling water. Bake in preheated 375°F oven 40 to 60 minutes or until tender but not mushy. Serve hot or cold; sprinkle with sugar just before serving. Yield 4 servings.

*baked apples with cranberry filling*







*bananas flambé*

## bananas flambé

- 4 tablespoons butter or margarine
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 6 peeled ripe bananas, cut in half lengthwise
- $\frac{1}{4}$  cup rum

Melt butter in medium skillet.

Mix brown sugar and cinnamon; sprinkle some over bananas. Put bananas in butter on moderate to low heat; cook until lightly browned. Turn once; sprinkle with remaining sugar mixture. Spoon rum over bananas. Serve bananas by themselves or over vanilla ice cream. For a glamorous dessert, heat rum, pour over bananas, and ignite. Yield 4 servings.

## bavarois cream with raspberries

- 1½ envelopes unflavored gelatin
- 3 tablespoons lemon juice

*bavarois cream with raspberries*

- 1¼ cups pureed raspberries
- 1 cup Basic Confectioners' Custard (see Index)
- 1 cup whipping cream, whipped

Pour  $\frac{1}{2}$  cup water into small saucepan. Add gelatin; let stand 5 minutes. Stir in lemon juice; place over low heat, stirring constantly until gelatin is dissolved. Cool to room temperature.

Combine raspberries, custard, and gelatin mixture; blend well. Fold in whipped cream until well blended. Pour into oiled 6-cup mold; chill until firm.

For a large party, double the recipe and put half the mixture into small individual molds or custard cups; surround the large mold with the small molds. Yield about 6 servings.

## berry crisp

- 1 quart (4 cups) blueberries, blackberries, or strawberries
- $\frac{1}{3}$  to  $\frac{3}{4}$  cup sugar
- $\frac{1}{4}$  cup butter or margarine



## DESSERTS • FRUIT

**¾ cup uncooked quick rolled oats**

**⅓ cup flour**

**⅓ cup packed brown sugar**

Put berries in baking pan; sprinkle with enough sugar to sweeten.

Mix butter, rolled oats, flour, and brown sugar until crumbly; sprinkle over berries. Bake at 350°F about 30 minutes, until lightly browned. Yield 6 servings.

### blueberry trifle

**3 eggs**

**⅓ cup sugar**

**1½ tablespoons cornstarch**

**2 cups milk**

**2 teaspoons vanilla extract**

**24 lady fingers**

**⅓ cup sherry**

**4 cups fresh blueberries or dry-pack frozen blueberries, rinsed, drained**

**1 cup heavy cream, whipped**

**2 tablespoons confectioners' sugar**

**½ teaspoon almond extract**

**¼ cup slivered toasted almonds**

**3 tablespoons sugar**

Beat eggs and sugar until well blended and foamy. Stir in cornstarch; gradually stir in milk. Cook over low heat, stirring constantly, about 10 minutes, until custard begins to thicken; do not boil. Cool; stir in vanilla.

Split ladyfingers; arrange on bottom of glass serving bowl. Sprinkle with sherry; cover with 2 cups blueberries. Spoon custard over blueberries.

Whip cream with confectioners' sugar and almond extract; spoon around outer edge of bowl. Stand almonds upright in cream; fill center with remaining blueberries. Sprinkle berries with sugar; chill before serving. Yield 6 to 8 servings.

### brandied mangos

**1 cup granulated sugar**

**1 cup water**

**2 (2-inch) cinnamon sticks**

**4 cups mangos, sliced (3 or 4 medium mangos)**

**1 cup brandy**

**1 tablespoon plus 1 teaspoon cornstarch**

Combine sugar, water, and cinnamon in 12-inch frying pan; bring to boil. Turn down heat; simmer 2 to 3 minutes, until liquid is clear. Add mangos, stir gently to coat with sugar mixture. Simmer 3 minutes. Remove mangos from syrup with slotted spoon; place in quart jars, filling two-thirds full.

Add brandy to remaining syrup in pan. Dilute cornstarch with 1 tablespoon cold water; add to brandy syrup. Stir over medium heat until thick;

cool. Pour over mangos in jars. Brandied Mangos can be sealed and stored for future use.

Serve over ice cream or alone as an after-dinner fruit cordial. Yield 2 (1-quart) jars.

### broiled fruit with cinnamon

**3 bananas**

**½ medium pineapple (or 3 slices canned pineapple)**

**2 medium apples**

**½ cup melted butter**

**½ cup brown sugar**

**Ground cinnamon**

Peel bananas.

Peel pineapple; remove core. Cut slices ¾ inch thick.

Peel and core apples; slice ¾ inch thick.

Place fruits on cookie sheet lined with foil. Brush well with butter. Sprinkle with brown sugar and cinnamon. Broil 3 to 4 inches from heat 5 minutes; turn once. Serve with sour cream or softened vanilla ice cream flavored with rum. Yield 4 to 6 servings.

### brown betty

**4 slices dry bread**

**¼ cup melted butter or margarine**

**1½ pounds rhubarb, wiped, cut into about 2-inch lengths**

**⅓ cup brown sugar**

**¼ teaspoon grated nutmeg**

**¼ teaspoon ground cinnamon**

**1 tablespoon lemon juice**

Preheat oven to 375°F.

Cut bread into small cubes; toss in melted butter. Put about ⅓ into greased shallow baking dish. Cover with half the rhubarb and half the other ingredients. Repeat; top with remaining bread cubes. Bake about 30 minutes, until rhubarb is cooked and top is crisp and brown. Yield 4 servings.

### brown betty with hard sauce

**4 cups cinnamon-raisin bread cubes**

**4 tablespoons butter or margarine**

**½ cup brown sugar**

**1 jar or can applesauce (2 cups)**

**½ teaspoon cinnamon**

**½ teaspoon salt**

In medium skillet sauté bread cubes in melted butter. When lightly browned, add sugar, applesauce, cinnamon, and salt; stir until hot. Serve warm with dollop of hard sauce on top. Yield 4 to 6 servings.



*hard sauce*

**2 tablespoons soft butter or margarine**  
**½ cup confectioners' sugar**  
**½ teaspoon lemon or orange rind**

Mix ingredients together in bowl in order given until very smooth. Sauce will melt into warm Brown Betty.

**cherry cobbler**

**½ cup butter or margarine**  
**¾ cup sugar**  
**1 egg, beaten**  
**⅓ cup milk**  
**2 cups all-purpose flour**  
**2 teaspoons baking powder**  
**½ teaspoon salt**  
**1 No. 2 can cherry pie filling**

Cream butter and sugar. Add egg; mix well. Blend in milk.

Combine dry ingredients; add to butter mixture. Spread half of batter in greased 8-inch-round container; cover with ¾ can pie filling. Spread with remaining batter; top with remaining filling. Bake in 375°F oven 30 minutes or until done. Serve warm with plain or whipped heavy cream or with vanilla ice cream. Yield 8 servings.

**cooked fresh fruit**

**6 medium-size apples or peaches**  
**1 cup water**  
**About ½ cup sugar**  
**1 teaspoon vanilla**

Pare and slice apples or peaches.

Put water and sugar in large pan; heat to boiling. Add fruit; cook slowly until tender. Add vanilla and more sugar, if needed. Yield 6 servings.

**cool cantaloupe split**

**1 cantaloupe**  
**1 quart vanilla ice cream**  
**1 cup fresh blueberries**  
**Fresh Lime Sauce**

Cut cantaloupe in half; remove seeds. Slice into 12 equal wedges; remove rind.

To assemble splits: Arrange 2 wedges in serving dish. Place 2 scoops ice cream between melon wedges. Sprinkle with 2 heaping tablespoons Fresh Lime Sauce over all. Repeat process for each additional serving. Yield 6 servings.

*fresh lime sauce*

**¼ cup sugar**  
**2 tablespoons cornstarch**  
**Dash of salt**  
**½ cup water**  
**1 tablespoon butter or margarine**  
**¼ teaspoon grated fresh lime rind**  
**2 tablespoons fresh lime juice**

Combine sugar, cornstarch, and salt in small saucepan; stir in water. Cook over medium heat, stirring constantly, until thickened and clear. Remove from heat. Add butter, lime rind, and juice; mix well. Cool.

**figs in brandy**

**¾ cup sugar**  
**4 cardamom seeds**  
**¾ cup cognac**  
**½ cup raisins**  
**½ cup blanched toasted almonds**  
**1 (1-pound 4-ounce) can Kadota figs, drained**

Combine sugar, cardamom seeds, and ½ cup Cognac in saucepan; cook, stirring constantly, until sugar is dissolved. Stir in raisins and almonds; heat through.

*cherry cobbler*



## DESSERTS • FRUIT

Place figs in chafing dish; pour sugar mixture over figs. Place over low flame until figs are heated through; spoon sugar mixture over figs frequently.

Heat remaining cognac in small saucepan. Ignite; pour over figs. Serve immediately. Yield about 4 servings.

### fried bananas

**¼ cup flour**

**1 teaspoon cinnamon**

**6 bananas, sliced lengthwise**

**2 or more tablespoons shortening**

Mix flour and cinnamon together; thoroughly coat each piece of banana with mixture. If bananas are very long, you may prefer to quarter them.

Heat shortening in medium skillet. Brown floured bananas; slowly turn them once. Remove to heated platter; sprinkle with sugar. Yield 4 to 6 servings.

### fruit bowl

**1 can mandarin oranges, drained**

**1 apple, peeled, sliced**

**1 banana, sliced, sprinkled with lime or lemon juice**

**6 dates, cut in half**

**⅓ cup chopped walnuts**

Place oranges in glass bowl. Combine with apple, banana, and dates. Sprinkle with walnuts. Yield 2 servings.

### fruit-cocktail dessert

**2 eggs**

**1 can fruit cocktail**

**1½ cups sugar**

**2 cups flour**

**½ teaspoon salt**

**2 teaspoons baking soda**

**1 teaspoon vanilla**

**½ cup brown sugar**

**1 cup dry flaked coconut**

Mix together eggs and fruit cocktail. Add sugar; mix well.

Sift together flour, salt, and soda. Add egg mixture; mix. Add vanilla. Put into 9 × 13 × 2-inch pan; sprinkle with brown sugar and coconut. Bake at 350°F for 30 minutes. Yield 6 servings.

*fried bananas*







*fruit bowl*

## DESSERTS • FRUIT

### fruit compote

1 can black cherries, pitted, with juice  
1 can peaches, drained  
½ cup brown sugar (if not sweet enough, add ¼ cup more)  
1 box dried apricots  
Juice of 1 orange  
Juice of 1 lemon  
Grated rind and fine slivers of lemon and orange

Place all ingredients in large baking dish; bake in 350°F oven 1½ to 2 hours. Cook down until caramelized. Serve cold, or, better still, reheated with sour cream or unsweetened whipped cream. Yield 4 to 6 servings.

### fruit in cream

2 apples  
2 oranges  
2 bananas  
½ cup sugar  
1 cup whipping cream  
¼ cup chopped almonds

Peel all fruits; cut into slices or pieces. Sprinkle sugar over fruit; let stand 10 minutes.

Whip cream until stiff; fold into fruit. Sprinkle nuts over top. Yield 6 servings.

### fruit with honey sauce

2 peaches, peeled, cubed  
2 cups fresh or canned pineapple chunks

*fruit with honey sauce*

2 apples, peeled, cored, cut into rings  
1 cup water or pineapple juice  
⅓ cup honey  
1 thin lemon slice  
1 stick cinnamon  
1 banana, sliced lengthwise and in half  
2 tablespoons sliced almonds  
Whipped cream for garnish  
4 cherries or grapes

Combine all ingredients (except last 4) in small casserole. Cover; cook at 350°F 40 minutes. Add banana; just heat through. Serve fruit warm. Garnish each serving with almonds, whipped cream, and a cherry or grape. Yield 4 servings.

### fruit torte

#### *pastry*

2 cups flour  
¼ cup sugar  
1 cup unsalted butter  
2 egg yolks

#### *filling*

3 to 4 cups fresh, canned, or frozen fruit  
½ cup sugar if fresh fruit is used  
¼ cup water, if needed  
2 tablespoons cornstarch

#### *almond coating*

1 egg white  
1 tablespoon sugar  
½ cup sliced toasted almonds







*hot baked grapefruit*

#### **topping**

**2 tablespoons sugar**

**1 teaspoon vanilla**

**1 cup heavy cream, whipped**

Prepare pastry: Mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Add egg yolks; mix to form dough. Press into bottom and sides of 10-inch springform pan. Dough should come 1½ inches up sides. Bake in preheated 375°F oven 20 to 25 minutes, until pastry is firm and light brown.

Prepare filling: Drain fruit; reserve juice. Crush 1 cup fresh fruit to make juice. Add sugar to fresh fruit; let stand ½ hour. Drain juice; add water to make 1 cup.

Mix cornstarch and fruit juice; cook and stir over medium heat until thickened. Place whole fruit in baked pastry shell. Pour thickened fruit juice over top; chill thoroughly. Carefully remove torte from springform pan.

Make coating: Beat egg white until foamy. Gradually beat in sugar; beat until stiff peaks form. Spread meringue around outside of pastry shell. Press in almonds so they completely cover sides.

Prepare topping: Gently fold sugar and vanilla into whipped cream. Spread over fruit. Garnish with sliced toasted almonds, if desired. Yield 8 to 10 servings.

### **ginger pears**

**1 (29-ounce) can pear halves in syrup, drained (reserve syrup)**

**Ginger conserve**

With slotted spoon place pear halves in 9-inch pie plate cavity-sides-up. Add ½ cup syrup. Spoon ½ tablespoon conserve into cavity of each pear. Bake in preheated 400°F oven until hot, 10 or 15 minutes.

Delicious served warm with vanilla ice cream. Yield 6 or more servings.

### **hot baked grapefruit**

**3 grapefruits**

**6 teaspoons Madeira or dry sherry**

**6 tablespoons brown sugar**

**Butter**

**6 maraschino cherries**

Cut each grapefruit in half; remove centers. Loosen all sections from skin with grapefruit knife; scallop or notch rims, but not very deep. Place grapefruit in shallow baking dish; sprinkle each with 1 teaspoon Madeira and 1 tablespoon brown sugar. Dot with butter. Bake in preheated 350°F oven, 1 rack above center, 25 to 30 minutes or until grapefruits are heated through and tops are golden. Place a cherry and a small fresh leaf, if available, in center of each grapefruit half. Place grapefruit on serving platter. Yield 6 servings.

### **melon balls with rum**

**2 (12-ounce) packages frozen melon balls**

**½ cup light rum**

Thaw melon balls; drain off ½ cup syrup. Stir in rum; chill thoroughly before using. Yield 4 servings.

### **orange bavarian cream**

**1 tablespoon unflavored gelatin**

**¼ cup cold water**

**¾ cup orange juice**

**2 tablespoons lemon juice**

**½ teaspoon grated orange rind**

**⅓ cup sugar**

**¼ teaspoon salt**

**1 cup whipping cream**

**1 cup fresh orange sections, cut into pieces**

Soften gelatin in water.

Combine fruit juices, orange rind, sugar, and salt; heat to simmering. Dissolve gelatin in hot mixture. Chill in refrigerator or over a bowl of ice



*orange-cup dessert*

cubes until mixture begins to thicken; stir frequently.

Whip cream until just stiff. Fold whipped cream and orange sections into gelatin mixture. Pour into slightly moistened 1-quart mold; chill until firm, at least 2 hours.

Unmold on dessert platter. Garnish, if desired, with piped Basic Chantilly Cream (see Index) and orange sections. Yield 6 servings.

## orange-cup dessert

Oranges with unblemished skin, as many as needed, 1 per person

Fruit such as:

Bananas

Grapefruit sections

Maraschino cherries

Orange sections

Pineapple

Walnuts

Cut slice from top of orange so that remainder of insides can be scooped out.

Combine any above fruits, or others of your choice. Spoon into orange shells; refrigerate until serving time.

Can also be done with grapefruit or bananas, as pictured. If desired, a small amount of a favorite liqueur can be added to fruit. Yield as desired.

## orange currant boats

2 envelopes unflavored gelatin

2 10-ounce jars red currant jelly

2 tablespoons lemon juice

¼ cup port

6 medium oranges

Soften gelatin in ½ cup water 5 minutes. Combine gelatin, jelly, and ½ cup water in small saucepan. Place over low heat; stir until jelly is melted and gelatin dissolved. Stir in lemon juice and port; set aside.

Cut hole in stem end of each orange and remove pulp with grapefruit knife; or cut each orange in half and remove pulp. (Reserve pulp for future use.) Place orange shells in foil-lined pan. Spoon enough gelatin mixture in each shell to fill to top; chill until firm.

Place remaining gelatin in half grapefruit; chill.

To serve, stir jelly in grapefruit with fork and place grapefruit in center of dessert platter. Halve or quarter oranges; place around grapefruit. Yield 6 servings.

## orange wine parfaits

1 package blackberry gelatin

¾ cup boiling water

¾ cup red wine

¼ cup orange juice

1 (11-ounce) can mandarin-orange sections, drained

Sweetened whipped cream

Dissolve gelatin in boiling water; stir in wine and orange juice. Pour into 8-inch-square pan; chill until firm.

Shortly before serving, cut gelatin into small cubes. Alternate layers of cubed gelatin, orange sections, and whipped cream in parfait glasses. Keep in refrigerator until serving time. Yield 4 to 6 servings.

## peach dumplings

1¾ cups unsifted flour

1 teaspoon salt

½ cup butter or margarine

1 egg yolk

3 tablespoons water

1 tablespoon lemon juice

2 tablespoons sugar

½ teaspoon cinnamon

6 peach halves, fresh or canned, drained

¾ cup sugar and ⅔ cup water\*

Mix flour and salt thoroughly. Mix in butter with pastry blender or fork.

Mix egg yolk, 3 tablespoons water, and lemon juice together. Mix lightly into flour mixture with fork.

Preheat oven to 425°F.

Grease 8 × 8 × 2-inch baking pan.

Roll dough on lightly floured surface into 12 × 18-inch rectangle. Cut into 6 (6-inch) squares.

Mix 2 tablespoons sugar and cinnamon. Roll peach halves in sugar mixture. Place peach half, hollow-side-down, in center of each pastry square. Bring corners together over peach. Moisten; seal. Place in baking pan; allow space between dumplings.

Heat ¾ cup sugar and water to boiling. Pour over dumplings. Bake about 40 minutes, until browned. Yield 6 servings.

\*Three-fourths cup syrup drained from canned peaches can be used in place of sugar and water. Heat to boiling before pouring over dumplings.



## **peaches in wine sauce**

**8 ripe peaches**  
 **$\frac{3}{4}$  cup sugar**  
 **$\frac{1}{3}$  cup water**  
 **$\frac{1}{3}$  cup white wine**

Scald and peel skins off peaches; leave fruit whole.

Combine sugar and water in medium skillet; cook 5 minutes. Add peaches; simmer 5 minutes. Add wine; simmer 5 minutes. Five minutes cooking time is usually enough to make fruit tender and syrup slightly thickened. Baste 3 times while cooking.

Transfer cooked peaches to bowl; cover with syrup. Refrigerate; serve when chilled. Yield 8 servings.

## **pears in chocolate sauce**

**1 large (29-ounce) can pear halves**

### *chocolate sauce*

**8 ounces semisweet chocolate**  
**2 tablespoons hot water**  
**1 tablespoon butter**  
**1 egg yolk**  
 **$\frac{1}{2}$  cup heavy cream**  
**1 egg white**

*orange currant boats*





*pears in chocolate sauce*

Drain pear halves; arrange in 6 individual serving dishes.

Place chocolate in top of double boiler; stir in water. Melt chocolate over boiling water; remove from heat. Stir in butter until melted. Add egg yolk and cream.

Before serving, beat egg white until stiff peaks form; fold into warm Chocolate Sauce. Spoon Chocolate Sauce over pears. Sprinkle with chopped pistachio nuts, if desired. Yield 6 servings.

## pears with raspberry sauce

- 4 large fresh pears
- 3 cups water
- 1 cinnamon stick
- 2 whole cloves
- 2-inch piece lemon peel
- 3 tablespoons honey
- 6 tablespoons low-fat cottage cheese
- 1 tablespoon lemon juice
- 1 (10-ounce) package frozen whole raspberries
- 4 teaspoons sliced almonds

Peel pears; do not remove stems. Cut pears in half; carefully remove cores.

In saucepan add water, cinnamon, cloves, lemon peel, and 2 tablespoons honey; bring to boil. Add pears; simmer 10 minutes. Remove pears with slotted spoon; drain.

Puree cottage cheese in blender; spoon into bowl. Stir in lemon juice and 1 tablespoon honey; adjust sweetness to taste.

Fill pear halves with cottage-cheese mixture; arrange 2 pear halves upright on dish to form 1 whole pear. If necessary, cut small slice from bottom of each pear to make it stand up.

Puree raspberries; reserve a few whole berries for garnish. Pour over pears. Sprinkle with almonds; garnish with reserved berries. Yield 4 servings.

## pêche melba

- 4 large firm fresh peaches, blanched
- 1 cup Basic Sugar Syrup (see Index)
- 1 teaspoon vanilla extract
- 1 quart ice cream
- 1 recipe Melba Sauce

Cut peaches in half; remove seeds.

Combine syrup and vanilla; boil 5 minutes. Poach peaches in syrup 10 minutes or until just tender; remove from syrup. Chill peaches thoroughly.

Place scoops of ice cream in 8 sherbert dishes; place peach halves over ice cream, cut-side-down. Top with Melba Sauce. Garnish with whole raspberries, if desired. Yield 8 servings.

### *melba sauce*

- 1 quart fresh red raspberries, pureed
- ¼ cup red currant jelly
- 2 teaspoons cornstarch
- 2 tablespoons water
- Sugar to taste
- Brandy to taste (optional)





*pears with raspberry sauce*

*pêche melba*



Combine raspberries and jelly in heavy saucepan over low heat; stir gently until jelly is melted.

Dissolve cornstarch in water; add to raspberry mixture, stirring constantly until smooth and clear. Stir in sugar and brandy. Yield about 3 cups.

## **pineapple fritters**

**2 (1-pound) cans pineapple sticks**

**1 recipe Basic Fruit Fritter Batter**

**Confectioners' sugar**

Drain pineapple; place on paper toweling. Pat dry. Dip pineapple sticks, one at a time, into batter; shake off excess. Drop fritters into hot (375°F) oil in deep-fat fryer; fry until golden brown on all sides. Remove; drain on paper toweling. Place on dessert platter; dust liberally with confectioners' sugar. Yield about 8 servings.

### ***basic fruit fritter batter***

**1½ cups all-purpose flour**

**½ teaspoon salt**

**⅔ cup beer**

**1 tablespoon melted butter**

**1 egg white, stiffly beaten**

Sift flour and salt together into large bowl. Stir in beer until smooth; do not beat. Add only enough lukewarm water to make thick batter. Stir in butter. If not using this immediately, cover and set aside (no longer than 30 minutes) until ready to use. Fold in egg white. Yield about 2½ cups.



*pineapple fritters*

## poached empress peaches

- 6 large ripe peaches
- Basic Sugar Syrup (see Index)
- 1 teaspoon vanilla extract
- 2 cups hulled strawberries, pureed
- ½ cup sifted confectioners' sugar
- 3 tablespoons brandy
- ½ cup whipping cream, whipped

Place peaches in large saucepan; add enough boiling water to cover. Let stand about 2 minutes. Lift peaches out; dip into ice water. Slip skins from peaches; place peaches in large saucepan. Pour enough syrup over peaches to cover; add vanilla. Simmer until peaches are just tender; turn once. Drain peaches. Cool; chill.

Combine strawberries, sugar, and brandy; fold in whipped cream.

Place peaches in serving dish; spoon strawberry mixture over peaches. Garnish each peach with sliver of angelica. Yield 6 servings.

## poached oranges

- 6 navel oranges
- 1½ cups sugar
- ¾ cup water
- 2 tablespoons orange liqueur

Peel rind and white membranes from oranges. Slice enough rind (orange part only) to make about 3 tablespoons slivers. Combine with sugar and water; cook over moderate heat, without stirring, about 8 minutes, until slightly thickened. Put oranges in syrup; cook over very low heat, basting constantly, about 5 minutes, until warm but still firm. Remove from heat with slotted spoon. Add

liqueur to syrup. Chill oranges; baste occasionally with syrup. Serve very cold. Yield 6 servings.

## purple-plum whip

- 1 pound purple plums, halved
- ¼ cup brown sugar
- 1 tablespoon lemon juice
- 2 egg whites
- ¼ teaspoon cream of tartar
- 2 drops red coloring
- ¼ cup sugar

Cook plums with brown sugar, lemon juice, and just enough water to prevent scorching. Cook in tightly covered pan over low heat until plums are very soft; let cool.

Beat egg whites with dash of salt and cream of tartar. Add food coloring and sugar gradually, beating until peaks form. Beat in cooked plums, small amount at a time, to keep mixture light and fluffy; use rotary beater. Chill in sherbert glasses at least 3 hours before serving. Yield 4 to 6 servings.

## spiced mandarin oranges

- 1 small tangerine (orange can be substituted)
- 2 (11-ounce) cans mandarin oranges
- ¼ cup water
- ⅓ cup firmly packed brown sugar
- 1 (2-inch) piece stick cinnamon

Remove peel from tangerine; cut into paper-thin strips. Squeeze juice; strain.

In medium-size saucepan combine peel and juice with rest of ingredients; simmer 15 minutes.





*poached empress peaches*

Remove from heat; remove peel and cinnamon.  
Chill several hours. Serve in small dessert dishes.  
Yield about 4 servings.

*spiced mandarin oranges*

## **strawberries romanoff**

2 pints strawberries  
½ pint vanilla ice cream







*strawberry dringer*

**1 cup whipped cream or whipped topping**

**Juice of ½ lemon**

**3 tablespoons orange liqueur**

Wash, hull, and chill berries.

Soften ice cream slightly; whip until fluffy. Fold in whipped cream and lemon juice.

Add liqueur to berries; fold ½ of berries into cream mixture. Spoon into parfait glasses or brandy snifters. Decorate with remaining strawberries. Yield 6 servings.

## strawberry dringer

**1 quart large fresh strawberries**

**Sifted confectioners' sugar**

**2½ cups whipping cream**

Remove hulls from berries; cut berries into quarters. Place ¼ of berries in straight-sided glass container; sprinkle with confectioners' sugar.

Whip cream until soft peaks form. Cover berries with ¼ of whipped cream. Repeat layers of strawberries and cream; sprinkle each layer of berries with sugar. Let stand several hours. Serve over pound cake or angel food cake. Yield 8 to 10 servings.

## strawberry-shortcake bowl

**2 pints strawberries, sliced, sweetened to taste**

**¼ cup melted butter or margarine**

**1 (9.5-ounce) container refrigerated flaky biscuits**

**¼ cup sugar mixed with 1½ teaspoons ground cinnamon**

**½ cup chopped pecans**

**1 cup whipping cream, whipped, sweetened with ¼ cup sugar**

Chill berries about ½ hour.



Meanwhile brush baking sheet with melted butter.

Separate each biscuit into 2 thinner biscuits by pulling apart between layers. Lightly brush both sides of each biscuit with butter. Dip both sides in sugar-cinnamon mixture; place on baking sheet. Leave about 1 inch between biscuits. Sprinkle pecans over biscuits; press into dough. Bake in preheated 400°F oven 10 to 12 minutes or until done.

Line large serving bowl with about 15 biscuits. Spoon ½ of strawberries over; spoon whipped cream over berries. Spoon remaining strawberries over cream; top with rest of biscuits. Serve immediately. Yield 6 to 8 servings.

## strawberry trifle

- 1 white cake (see Index)
- 2 (10½-ounce) packages frozen strawberries
- 1 (3-ounce) package prepared vanilla pudding
- 1 cup chilled whipping cream
- ¼ cup sugar
- ¼ cup toasted, slivered almonds

### Fresh strawberries

Bake cake in oblong pan as directed; cool. Cut crosswise in half. Reserve ½ for another dessert. Cut remaining cake in small pieces. Arrange ½ of

pieces on bottom of clear serving bowl. Pour ½ of strawberries (with syrup) over cake; spread with ½ of pudding. Repeat with remaining cake pieces, strawberries, and pudding. Cover; chill a few hours.

Beat cream and sugar in chilled bowl until stiff; spread over trifle. Garnish with almonds and fresh strawberries. Yield 8 servings.

## stuffed baked apples

- 6 large cooking apples
- 3 tablespoons finely chopped candied cherries
- 2 tablespoons finely chopped walnuts
- 1 tablespoon finely chopped almonds
- ¼ cup honey
- ½ recipe Red Currant Jelly Glaze (see Index)

Core apples. Cut thin line through peel around center of each apple, using sharp knife.

Place cherries, walnuts, almonds, and honey in small bowl; mix well.

Arrange apples in shallow baking pan; fill apple cavities with cherry mixture. Bake in preheated 375°F oven about 45 minutes, until apples are tender. Remove from oven; slip upper halves of peel from apples. Place apples in serving dish; spoon pan juices into cavities. Spoon glaze over apples. Garnish with candied cherry halves and bits of green angelica, if desired. Yield 6 servings.

*stuffed baked apples*



## **stuffed lemon apples**

**3 tablespoons vinegar**

**7 apples**

**¾-inch strip lemon peel**

**1 cup sugar**

**1 cup sauterne**

**1 (3-ounce) package lemon gelatin**

**½ cup golden raisins**

**¼ cup chopped red candied cherries**

Combine 6 cups water and vinegar in large bowl.

Peel and core 6 apples; place in vinegar solution to prevent darkening.

Mix 2 cups water, lemon peel, sugar, and ¾ cup sauterne in large, shallow pan until sugar is dissolved. Bring to boil; reduce heat. Simmer 10 minutes.

Arrange apples in pan; simmer over very low heat about 15 minutes, until almost tender on bottom. Turn carefully with forks; cook 10 to 15 minutes or until tender but not mushy. Remove apples carefully to serving dish; chill thoroughly.

Prepare gelatin according to package directions, substituting remaining sauterne for ¼ cup cold water. Chill, stirring frequently, until partially set.

Peel and core remaining apple; chop finely. Place in small saucepan; add raisins and cherries. Cover with some of remaining sugar syrup in which apples were cooked; cover. Cook over low heat until raisins are plump and apple tender; chill thoroughly.

Fill apple centers with raisin mixture. Spoon about ¾ of partially-set gelatin over apples; chill until set.

Chill remaining gelatin until set; beat with fork until coarsely chopped. Spoon around edge of serving dish. Yield 7 servings.

## **watermelon basket dessert**

A watermelon can be made into a basket by cutting through it lengthwise to within 2 inches of center. Do same at other end of melon. Remaining 2-inch band becomes handle of basket. Scoop out seeds from the portions of melon you cut off and from remaining portion that serves as the basket. Cut melon into rounds with melon-ball cutter or into small pieces with knife. Combine with other fruits such as strawberries, blueberries, seedless grapes, diced apples, pears, cantaloupe, nectarines, cherries, oranges, and cubed pineapple; fill basket. Yield 10 to 25 servings.

*stuffed lemon apples*





## ICE CREAM

### baked alaska

½ Yellow Cake (see Index)

8 egg whites

¼ teaspoon cream of tartar

½ cup granulated sugar

½ gallon cherry-nut ice cream

Spring flowers

Prepare cake recipe as directed. Pour batter into greased 9-inch-square cake pan; bake as directed. Remove from pan; cool. Cut in half horizontally. (Save half for future use.) Place on heatproof platter.

Beat egg whites until foamy. Add cream of tartar; mix in. Add sugar gradually, continuing to beat until egg whites form stiff peaks.

Remove ice cream from container; round ice-cream corners with small spatula. Place on cake. Cover ice cream and cake generously with meringue; be sure to smooth and cover entire surface.

Working quickly, fill pastry bag with meringue. Using rosette tip, decorate baked Alaska as illustrated. Place in preheated 400°F oven 3 minutes or until meringue just begins to turn brown. Decorate with spring flowers. Serve immediately. Yield 18 servings.

### bavarian vanilla ice cream

2 packages unflavored gelatin

½ cup cold water

9 tablespoons sugar

1 tablespoon cornstarch

2 eggs, beaten

1½ cups milk, scalded

1 cup vanilla ice cream

1 teaspoon vanilla

1 cup heavy cream, whipped

Sprinkle gelatin over cold water to soften; heat to dissolve gelatin completely.

Mix together sugar and cornstarch. Add eggs; beat 2 minutes. Slowly add warm milk; beat con-

*baked alaska*



## DESSERTS • ICE CREAM

stantly. Pour into 1-quart saucepan. Cook over medium heat until custard coats spoon. Add gelatin and ice cream to hot custard; cool until slightly thickened. Add vanilla; fold in whipped cream. Pour into 1-quart mold; chill until set. Unmold carefully; serve garnished with fresh fruit. Yield 6 to 8 servings.

### bing-cherry delight

- 1 package black-cherry gelatin
- 1 cup sweetened bing cherries, pitted
- 1 quart vanilla ice cream, softened
- 1¼ cups vanilla-wafer crumbs
- 6 tablespoons butter, melted
- 1 cup powdered sugar
- 2 tablespoons cherry juice
- 2 cups whipped cream
- 12 whole canned bing cherries, pitted

Prepare gelatin as directed. Stir in 1 cup cherries. Pour into 9-inch cake pan; chill until firm.

Mold ice cream in 9-inch cake pan; chill until firm.

Combine cookie crumbs and butter; work until all crumbs are moistened. Divide into 3 equal parts.

Just prior to serving, assemble cake in following manner: Spread ⅓ of crumb mixture on serving platter.

Unmold gelatin; place on crumb mixture. Spread second portion of crumbs on gelatin.

Unmold ice cream; place on crumb-topped gelatin. Spread remaining crumbs on top ice cream.

Combine sugar and cherry juice; stir until smooth. Pour over layer of crumbs.

Frost sides of cake with whipped cream. Score top of cake to indicate serving pieces. Decorate each piece with whipped-cream rosette and bing cherry. Yield 12 servings.

### cherries jubilee

- 3 tablespoons red currant jelly
- 1 tablespoon butter
- ½ cup kirsch, heated
- 2 cups canned tart cherries, well-drained
- 1 pint vanilla ice cream

Melt jelly in frypan or chafing dish. Add butter; stir until melted and hot. Add cherries; heat through.

Pour kirsch over cherries; ignite with long match. Let burn until flames die. Spoon hot cherries over ice cream; serve. Yield 4 servings.

### chocolate-coconut ice-cream pie

#### crust

- 1 (4-ounce) package semisweet chocolate
- 2 tablespoons butter
- 2 cups flaked coconut

Melt chocolate and butter over low heat; remove from heat. Stir in coconut; mix well. Press on bottom and sides of 9-inch pie plate; freeze.

- 1 quart ice cream, softened
- 2 cups frozen whipped-cream topping, thawed
- 1 cup flaked coconut

Spread ice cream into crust; spread with whipped-cream topping; sprinkle with coconut. Freeze until firm.

Remove from freezer about 10 minutes before serving; dip bottom of pan in hot water to ease cutting. Yield 8 servings.

### christmas ice cream

- ½ gallon vanilla ice cream
- 1 pound coconut macaroons, crushed
- ½ pound red and green candied cherries, chopped
- ¾ cup slivered almonds
- 4 tablespoons cognac (optional)

Soften ice cream in large mixing bowl. Add macaroons, candied cherries, almonds, and cognac. Mix well; store in freezer. Yield ½ gallon.

### creme-de-menthe ice-cream cake

- 2 cups chocolate-wafer crumbs
- ½ cup butter, softened
- 3 pints vanilla ice cream
- 5 tablespoons green creme-de-menthe
- About ½ cup Fudge Sauce (see Index)

Combine crumbs with butter; press into 10-inch springform pan. Refrigerate 1 hour.

Soften ice cream in large bowl; swirl creme de menthe into it. Fill wafer shell with ice cream; freeze.

Drizzle Fudge Sauce lightly over top; return to freezer. Yield 10 servings.

### fudge-sundae pie

- 1 cup evaporated milk
- 1 (6-ounce) package semisweet chocolate bits
- 1 cup miniature marshmallows
- ¼ teaspoon salt
- 1 quart vanilla ice cream
- Vanilla wafers
- Pecans (optional)





*cherries jubilee*









## DESSERTS • ICE CREAM

Cook milk, chocolate, marshmallows, and salt in 1-quart saucepan over medium heat until chocolate and marshmallows melt and mixture thickens; stir constantly. Remove from heat; cool to room temperature.

Line bottom and sides of 9-inch pie pan or 2 (1-quart) ice trays with wafers. Spoon half of ice cream over wafers. Cover with half of chocolate mixture. Repeat with rest of ice cream and chocolate. Top with nuts. Refrigerate 5 hours. Yield 8 to 10 servings.

### ice-cream pie I

18 chocolate sandwich cookies

Melted butter

2 quarts peppermint ice cream

2 squares bitter chocolate

1 small can evaporated milk

2 tablespoons butter

½ cup sugar

½ pint whipping cream

Roll out cookies; add enough melted butter to hold.

Butter 9 × 2½-inch-deep pie pan. Press cookie mixture onto bottom and sides of pan. Bake at 350°F 8 minutes; cool completely.

Soften and stir ice cream; put into crust; freeze.

Mix chocolate, milk, butter, and sugar in double boiler; cook until thickened. Cool completely. Pour over ice cream; freeze. Top with whipped cream, and chocolate shavings, if desired. Take out of freezer long enough to soften a bit before slicing. Yield 8 servings.

### ice-cream pie II

2 large chocolate bars

⅔ cup water

2 heaping teaspoons instant coffee

1 (9-inch) baked pie shell

½ gallon vanilla ice cream, softened

1 small chocolate bar, shaved

In saucepan melt 2 large chocolate bars with water. Add instant coffee. Pour into pie shell; let cool. Fill with ice cream; top with chocolate shavings. Place in freezer; serve frozen. Yield 8 servings.

### ice-cream sandwiches

1 quart ice cream

2 graham crackers (plain, cinnamon, or chocolate-coated)

Slice ice cream into 6 slices. Place each slice between 2 graham crackers. Serve immediately or return to freezer until time to serve. Yield 6.

### ice-cream snowballs

1 quart ice cream

½ cup flaked coconut

Shape ice cream into 6 balls; roll in coconut. Place on tray covered with waxed paper; return to freezer. Yield 6 servings.

### italian cassata

1½ quarts vanilla ice cream, softened

1 quart raspberry sherbet, softened

¾ quart pistachio ice cream, softened

½ cup diced candied fruit

2 tablespoons rum

3 large egg whites

½ cup sugar

½ cup whipping cream

1 cup whipping cream

Candied fruit

Line 12-cup mold evenly with vanilla ice cream. Freeze until firm, preferably in 0°F freezer. Cover vanilla ice cream evenly with layer of raspberry sherbet; freeze again. Cover with layer of pistachio ice cream; freeze solid.

Cover diced candied fruit with rum; set aside.

Beat egg whites until foamy. Slowly beat in sugar.

Whip ½ cup whipping cream until stiff. Fold cream and rum-soaked fruit into meringue until thoroughly combined. Spoon into center of molded ice cream. Spread to make smooth bottom layer; cover. Freeze until firm (5 hours, or will keep up to 2 weeks).

To unmold, dip outside of mold in hot water 6 seconds; invert onto cold platter.

Whip remaining cream until stiff; put into pastry bag fitted with decorative tip. Decorate with cream and candied fruit; serve sliced. Yield 12 to 16 servings.

### lemon ice-cream pie

½ gallon vanilla ice cream

1 (6-ounce) can frozen lemonade

2 (8-inch) graham-cracker crusts

Graham-cracker crumbs for garnish

Soften ice cream.

Thaw lemonade. Beat together to creamy texture; pour into graham-cracker crusts. Place in freezer until serving time (several hours later or several days later).

When ready to serve, sprinkle each pie with graham-cracker crumbs. Yield 8 to 10 servings.

### low-calorie ice cream

2 teaspoons gelatin

1 cup cold water





*italian cassata*

**¾ cup nonfat dry milk**  
**1½ cups fresh milk**  
**3 tablespoons sugar**  
**1 tablespoon liquid sweetener**  
**2 teaspoons vanilla**  
**2 tablespoons lemon juice**

Softens gelatin in ½ cup water.

Mix ¼ cup dry milk with fresh milk; scald. Dissolve gelatin in milk; stir in 2 tablespoons sugar, liquid sweetener, and vanilla. Chill until slightly thickened.

Beat ½ cup dry milk with ½ cup very cold water until it begins to thicken. Add lemon juice; beat until thick. Beat in 1 tablespoon sugar until mixture is consistency of whipped cream. Fold in chilled gelatin mixture. Pour into ice trays; freeze. Yield about 1 quart.

## **mocha parfait**

**2 bananas**  
**Juice of 1 lemon (2 tablespoons)**  
**16 walnut halves**  
**½ cup cold heavy whipping cream**  
**½ teaspoon vanilla**  
**2 tablespoons sugar**  
**1½ pints coffee ice cream**  
**Bitter-chocolate curls**

Peel bananas. Slice; dip in lemon juice. Divide bananas among 4 parfait glasses. Top each with 4 walnut halves. Chill glasses while whipping cream.

Pour cream into small mixing bowl. Add vanilla; whip until stiff, gradually adding sugar while whipping.

At serving time, cube ice cream; divide among parfait glasses. Top with whipped cream and chocolate curls. Yield 4 servings.

## **orange ice cream**

**8 large thick-skinned oranges**  
**1¼ cups water**  
**½ cup sugar**  
**2½ teaspoons grated orange rind**  
**1 egg yolk**  
**6 tablespoons frozen orange-juice concentrate, thawed**  
**1½ cups whipping cream**  
**½ recipe Basic Meringue mixture (see Index)**

Cut off about ⅓ of each orange at top. Remove all pulp and juice; set orange cups aside.

Place water, ⅓ cup sugar, and orange rind in saucepan over medium heat. Let sugar dissolve; bring mixture to slow boil about 9 minutes to form thin syrup. Let syrup cool slightly.

## DESSERTS • ICE CREAM

Beat egg with fork. Add to softened orange juice. Add egg mixture to syrup; stir until well blended. Place over medium heat; cook, stirring constantly, 6 to 7 minutes. Pour into ice-cube trays; freeze to mushy consistency. Remove from freezer; scrape into mixer bowl. Beat about 4 minutes, until smooth. Half-freeze and beat 2 more times.

Whip cream until soft peaks form. Add remaining sugar to cream; beat several seconds until blended. Fold cream into orange mixture; pour into orange cups. Cover with 2 layers of aluminum foil; freeze until firm.

Prepare Basic Meringue mixture. Spoon into icing bag with large star tube affixed. Pipe meringue, in circular motion, over tops of frozen, ice-cream-filled orange cups. Place in preheated 400°F oven on middle shelf until meringue is lightly browned. Serve immediately. Yield 8 servings.

### pecan ice-cream balls

**1½ cups pecans**

**1 quart ice cream**

**Hot Fudge Sauce (see Index)**

Spread pecans in shallow pan; bake at 300°F 15 to 20 minutes, until lightly browned. Cool; chop.

Shape ice cream into 6 balls; roll in pecans. Place on tray covered with waxed paper; return to freezer until firm.

Just before serving, top balls with Hot Fudge Sauce. Yield 6 servings.

### tempura ice-cream balls

**Oil for frying**

**4 ice-cream balls frozen very, very hard (any flavor)**

**Tempura batter (see Index)**

**Sugar and cinnamon or powdered sugar**

Heat oil to medium high.

Remove balls from freezer; immediately dip into tempura batter. Fry until golden brown; serve immediately, sprinkled with cinnamon and sugar or powdered sugar. Yield 4 servings.

## SHERBET

### apricot sherbet

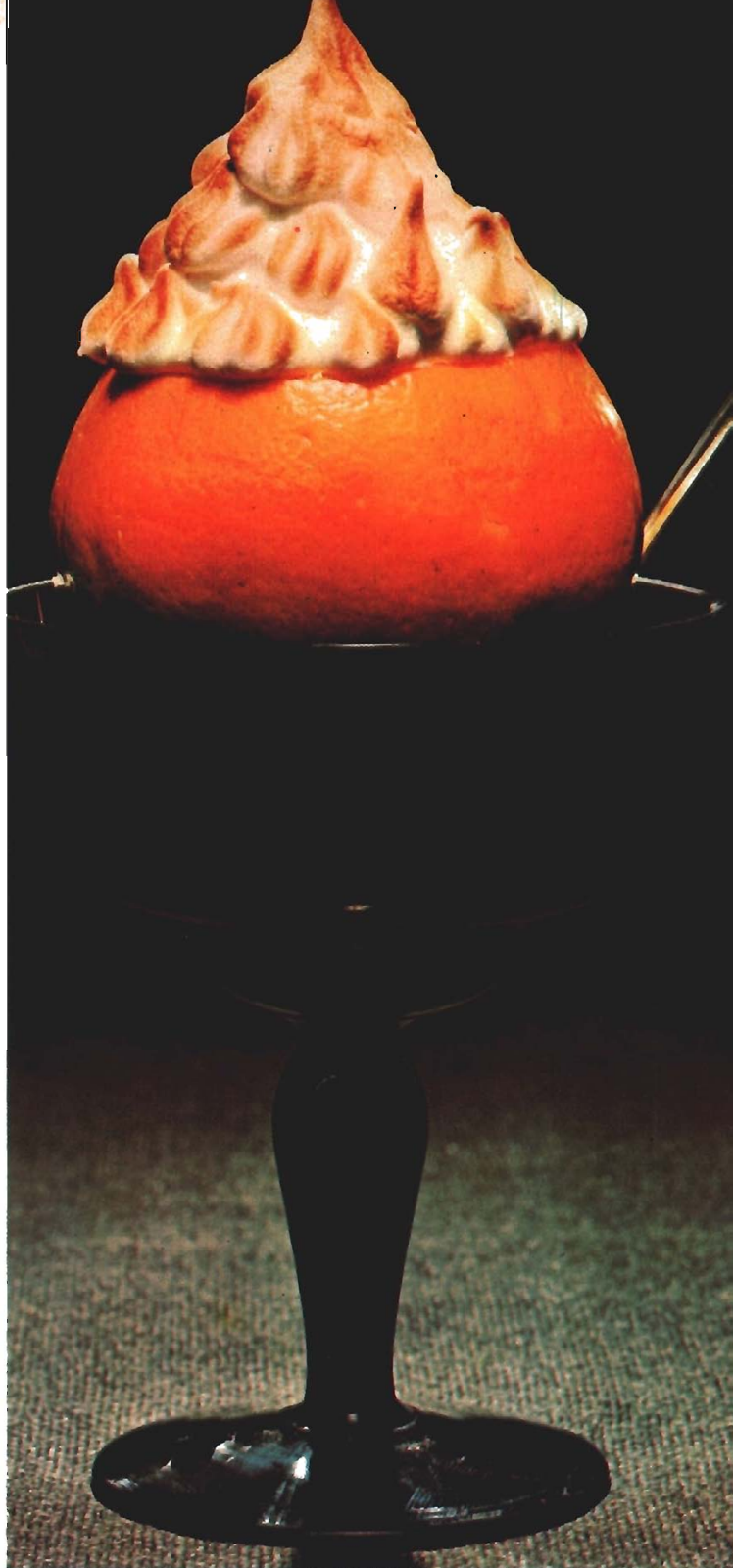
**3 cups apricot nectar**

**1 cup chopped, canned, water-packed apricots**

**1 (3-ounce) package lemon gelatin dessert powder**

**1 tablespoon lemon juice**

Mix all ingredients in saucepan; heat until gelatin is completely dissolved. Freeze until par-



*orange ice cream*

tially frozen. Whip with electric mixer; return to freezer to set. Yield 6 servings.

### chocolate igloo

**1 (9-inch-square) Chocolate Cake (see Index)**

**2 quarts pineapple sherbet**

**1 cup whipped cream**

**Maraschino cherry**



Slice cake layer horizontally into 2 parts, using sharp serrated knife or string. Cut layers into triangular wedges.

Coat 2-quart bowl with butter; press cake triangles against sides to form a design, as illustrated.

Soften sherbet; mold in 2-quart bowl against cake lining. Cover top with cake triangles; freeze until firm.

To serve, unmold onto serving platter; garnish with whipped cream and cherry. Yield 8 to 10 servings.

## lemon sherbet

1½ teaspoons unflavored gelatin

2 tablespoons cold water

2 cups skim milk

¾ cup sugar

½ cup lemon juice

½ teaspoon grated lemon rind

2 egg whites, stiffly beaten

Soak gelatin in water several minutes.

Heat milk. Add sugar and gelatin; stir until dissolved. Chill in refrigerator until just starting to become firm. Gradually stir in lemon juice and rind. Pour into freezing tray; freeze to a mush.

Turn into chilled bowl; beat with electric beater until fluffy but not melted. Fold in egg whites. Return to freezer; freeze until firm. Yield 6 servings.

## raspberry or strawberry water ice

3 cups ripe strawberries or raspberries

Juice of 2 lemons

2½ cups Basic Sugar Syrup (see Index)

Rub fruit through nylon sieve. Add lemon juice. Add syrup and a little coloring if necessary. Pour into ice-cube tray. Chill; freeze. Yield 6 servings.

## raspberry watermelon

½ watermelon, cut lengthwise

½ package mini chocolate chips

Approximately ½ gallon raspberry sherbet

Scoop out contents of watermelon. (Reserve for another use.) Drain the shell upside down; pat often with paper towels. Freeze shell 1 hour.

Combine chips and sherbet. Chips will resemble seeds. Spoon into watermelon shell; freeze until solid.

When ready to serve, cut into slices with sharp knife. Each serving will look like a real slice of watermelon. Yield 8 to 10 servings.



*chocolate igloo*

## MERINGUES

### basic meringues

5 large egg whites

1 cup extra-fine sugar

Beat egg whites in large mixing bowl with electric mixer at high speed 5 minutes or until stiff but not dry. Sprinkle ¼ cup sugar over egg whites; beat 3 minutes. Sprinkle remaining sugar, 1 tablespoon at a time, over egg-white mixture; fold in gently but thoroughly, using rubber spatula. Drop by heaping tablespoonfuls, 2 inches apart, onto oiled brown paper over cookie sheets. Bake in preheated 250°F oven 55 minutes. Take from oven; immediately remove from paper onto cooling racks. Yield 2½ cups.

### *chocolate meringues*

Combine 1½ tablespoons cocoa with the sugar; beat into egg whites as directed. Bake 1 hour.

### *chocolate-chip meringues*

Fold ½ cup chocolate chips into Basic Meringue just before dropping onto prepared cookie sheets.



*basic meringues*

## basic italian meringue

**2½ cups sugar**  
**1¾ cups water**  
**4 egg whites**

Combine sugar and water in large saucepan over low heat. Heat, without stirring, until all sugar is dissolved. Bring to boil; cook to medium soft-ball stage or 240°F on candy thermometer.

Beat egg whites with electric beater until stiff peaks form. Pour hot syrup in thin steady stream into egg whites; beat constantly. Beat until mixture holds firm peak and is cool. Use as recipe directs.

Meringue can be covered and refrigerated overnight before using, if desired. Meringue can be piped when cold. Yield about 4 cups.

## italian meringue with fruit and chantilly cream

**1 recipe Basic Italian Meringue (see Index)**  
**1 recipe Basic Confectioners' Custard (see Index)**  
**2 fresh pears**  
**2 fresh peaches**  
**3 fresh apricots**  
**3 canned pineapple slices**  
**Red Currant Jelly Glaze (see Index)**  
**Chopped pistachio nuts**  
**Currant jelly**  
**1 recipe Basic Chantilly Cream (see Index)**

Cut 9-inch circle of waxed paper; spread enough meringue over circle to make ¼-inch deep layer. Let stand at room temperature until top is set. Place remaining meringue in pastry bag with medium-size star tube affixed; pipe border around edge of circle. Make peak for center by holding tube in vertical position over waxed paper; pipe remaining meringue, pulling tube up as meringue is piped. Let peak dry at room temperature.

Remove waxed paper from dried meringue shell; place on serving plate. Cover bottom of circle with custard; chill.

Peel pears; cut in half; remove cores.

Peel peaches and apricots; cut in half; remove seeds.

Arrange fruits as shown in illustration. Brush pear halves with glaze; sprinkle with pistachio nuts. Fill center of pineapple stack with currant jelly; place meringue peak on top.

Place chantilly cream in pastry bag with medium-size star tube affixed; pipe rosettes around edge of custard inside meringue border and between fruits. Yield about 18 servings.

## PUDDINGS

### apple pudding

**5 or 6 good-size cooking apples, peeled, cored, sliced**

**¼ cup sugar**  
**½ teaspoon ground cinnamon**  
**½ teaspoon ground nutmeg**  
**2 tablespoons butter or margarine**  
**4 tablespoons hot water**

#### *batter*

**1 egg**  
**½ cup sugar**  
**2 tablespoons melted butter or margarine**  
**1 cup all-purpose flour**  
**1 teaspoon baking powder**  
**Pinch of salt**

Put apples into baking dish; sprinkle with sugar and spices. Dot with butter; add hot water.

Prepare batter. Beat egg and sugar together until thick. Stir in butter.

Sift flour, baking powder, and salt together; fold into egg mixture. Spread on apples. Bake in preheated 375°F oven 25 minutes. Reduce heat to 350°F; bake 10 to 15 minutes. Yield 5 or 6 servings.

### butterscotch bread pudding

**3 tablespoons butter or margarine**  
**½ cup brown sugar**





*apple pudding*

*italian meringue with fruit and chantilly cream*







*butterscotch bread pudding*

**¼ teaspoon baking soda**  
**2 cups milk**  
**2 eggs**  
**Pinch of salt**  
**2 cups stale bread cubes (about ½-inch cubes)**

Melt the butter in pan. Add sugar; heat until well blended.

Dissolve soda in milk; add gradually to sugar mixture. Stir until well blended; set aside to cool.

Beat eggs lightly. Add salt and cooled milk-and-sugar mixture.

Put bread cubes into greased baking dish; pour custard over. Bake in preheated 350°F oven about 45 minutes. Yield 6 servings.

## **carrageenan (irish moss) milk pudding**

**½ cup (½ ounce) tightly packed carrageenan**  
**(available in health-food stores)**

**Boiling water**

**2 cups milk**

**¼ cup sugar**

**1 teaspoon vanilla extract**

**Food coloring (optional)**

Pick over carrageenan; discard foreign matter. Place in small bowl; add boiling water to cover. Stir; drain. Combine with milk in small saucepan; cook over moderate heat, stirring frequently, approximately 15 minutes, until thick and creamy. Add sugar and vanilla; stir until sugar is dissolved. Add food coloring. Strain to remove carrageenan; pour into individual molds, rinsed in cold water. Refrigerate several hours, until set. Unmold; serve with whipped cream or chocolate sauce. Yield 4 servings.

## **chocolate pudding**

**½ cup sugar**

**⅓ cup cocoa**

**3 tablespoons cornstarch**

**¼ teaspoon salt**

**2½ cups milk**

**1 teaspoon vanilla**

Mix sugar, cocoa, cornstarch, and salt in pan. Add milk slowly; stir until smooth. Cook and stir over medium heat until mixture thickens. Cook and stir 3 minutes longer. Add vanilla; stir. Chill before serving. Yield 6 servings.

## **coconut cream pudding**

**3 tablespoons cornstarch**

**¼ cup sugar**

**½ teaspoon salt**

**2 cups milk**

**2 egg yolks, beaten**

**2 tablespoons butter or margarine**

**1 teaspoon vanilla**

**½ cup shredded or flaked coconut**

**½ cup shredded or flaked coconut**

**Whipped topping (optional)**

Mix cornstarch, sugar, and salt in heavy saucepan. Gradually blend in milk; stir over moderate heat about 7 minutes, until mixture thickens. Stir a little hot mixture into egg yolks; stir yolks into remaining hot mixture. Cook 1 minute; stir constantly. Mix in vanilla, and coconut. Serve warm or chilled in individual dessert glasses. Add whipped topping. Yield 6 servings.

## **coconut royal pudding**

**8 egg yolks**

**1 cup sugar**



- ½ cup flour**
- 2 cups milk**
- ½ cup dry white wine**
- 1½ cups freshly grated coconut**
- 1 teaspoon vanilla extract**
- Chopped almonds**

Combine egg yolks, sugar, and flour; beat until creamy.

Place milk and wine in double boiler; heat to boiling. Pour slowly into egg mixture; stir constantly to prevent curdling. Add coconut and vanilla; mix well. Cook over double boiler until mixture thickens and coats wooden spoon. Pour into bowl. Cover top with waxed paper to prevent scum from forming; cool in refrigerator. To serve, spoon into serving dishes; sprinkle with chopped almonds. Yield 6 to 8 servings.

## **cornflake pudding**

- 1 quart cornflakes**
- 1 quart milk**
- 2 eggs, beaten**
- ½ teaspoon salt**

- ¼ cup molasses**
- ¼ cup sugar**
- ¼ teaspoon ginger**
- ¼ teaspoon cinnamon**
- Vanilla**

- 1 tablespoon butter**

Stir all ingredients together, except butter; turn into greased baking dish. Dot with butter. Place dish in pan of water; put in oven. Bake ¾ to 1 hour in 350°F oven. Yield 8 servings.

## **creamed-cheese pudding**

- 2 envelopes unflavored gelatin**
- 2 eggs, separated**
- 1¼ cups sugar**
- 1 cup milk**
- ¼ teaspoon salt**
- 2 teaspoons grated lemon rind**
- 3 cups creamed cottage cheese**
- Lemon juice**
- 1 cup whipping cream, whipped**
- ½ cup ground toasted almonds**

*creamed-cheese pudding*



## DESSERTS • PUDDINGS

**3 cups confectioners' sugar**

**20 ladyfingers**

Sprinkle gelatin over  $\frac{1}{2}$  cup water; let stand 5 minutes to soften.

Beat egg yolks slightly in top of double boiler. Stir in 1 cup sugar, milk, and salt; cook over hot water, stirring constantly, until thick. Stir in gelatin; remove from heat.

Combine lemon rind, cottage cheese, and  $\frac{1}{4}$  cup lemon juice; stir into gelatin mixture. Refrigerate until mixture mounds slightly when dropped from spoon.

Beat egg whites until frothy. Add  $\frac{1}{4}$  cup sugar gradually, beating until stiff peaks form. Carefully fold egg whites into cottage-cheese mixture. Fold in whipped cream and almonds. Turn into 9-inch springform pan; chill until firm.

Sift confectioners' sugar into bowl; gradually add enough lemon juice to make icing of spreading consistency.

Release spring; remove side. Place pudding on serving dish. Trim one end from ladyfingers. Spread icing on ladyfingers one at a time; place around pudding as each one is iced. Garnish top with whipped cream. Tint icing, if desired. Yield about 15 servings.

### eggnog rice pudding

**2 cups eggnog**

**1½ tablespoons cornstarch**

**2 tablespoons milk**

**$\frac{1}{3}$  cup seedless raisins**

**$\frac{1}{2}$  teaspoon salt**

**1 teaspoon rum extract or 2 tablespoons rum**

**2 cups cooked rice**

**Whipped cream (optional)**

**Nutmeg**

Heat eggnog over low heat.

Combine cornstarch and milk. Pour into egg nog, stirring constantly. Cook and stir over low heat until mixture thickens. Add raisins just before removing from heat. Add salt and rum extract. Fold in cooked rice. Pour into individual dishes; chill. Serve plain or with whipped cream and sprinkle of nutmeg. Yield 4 servings.

### holiday fruit pudding

**1 egg**

**$\frac{1}{4}$  cup sugar**

**3 tablespoons cornstarch**

**$\frac{1}{2}$  teaspoon salt**

**2 cups milk**

**1 tablespoon butter or margarine**

**1 teaspoon vanilla**

**2 cups canned fruit cocktail, drained**

Beat egg in saucepan. Stir in sugar, cornstarch, and salt. Stir in milk; cook and stir over medium

heat until thickened. Cook and stir 1 minute longer. Stir in butter and vanilla. Add fruit. Cool before serving. Yield 6 servings.

### lemon-pear parfait

**2 medium Anjou or Bosc pears**

**$\frac{1}{2}$  cup grapenuts cereal**

**$\frac{1}{3}$  cup coconut**

**$\frac{1}{4}$  cup brown sugar**

**2 tablespoons melted butter**

**1 ( $\frac{3}{8}$ -ounce) package instant lemon pudding**

Dice pears.

Combine grapenuts, coconut, brown sugar, and butter.

Prepare pudding mix according to package directions. Alternate layers of cereal mixture, pears, and pudding in dessert dishes; chill. Yield 5 or 6 servings.

### marshmallow banana pudding

**1 tablespoon gelatin**

**$\frac{3}{4}$  cup sugar**

**3 stiffly beaten egg whites**

**3 bananas, shredded**

Soak gelatin in  $\frac{1}{4}$  cup cold water 5 minutes. Add  $\frac{1}{4}$  cup boiling water and sugar; stir until dissolved. Cool, stirring occasionally, until congealing starts. Add egg whites; beat until very light. Add bananas; stir lightly. Chill until set. Serve with whipped cream. Yield 4 servings.

### mock nesselrode pudding

**2½ tablespoons gelatin**

**1 cup cold milk**

**4 egg yolks**

**$\frac{3}{4}$  cup sugar**

**3 cups scalded milk**

**$\frac{3}{4}$  cup chopped raisins**

**10 macaroons, crumbed**

**1 teaspoon vanilla**

**$\frac{1}{2}$  teaspoon almond extract**

**2 tablespoons sherry flavoring**

**4 egg whites**

Soak gelatin in cold milk 5 minutes.

Beat egg yolks and sugar together; pour scalded milk on them. Put in double boiler or over hot water; cook, stirring constantly until custard coats spoon. Add gelatin; stir until dissolved. Take from fire. Add raisins, macaroon crumbs, vanilla, almond extract, and sherry flavoring; mix well. Fold in stiffly beaten egg whites. Set in pan of ice water; beat until thick. Pour into 6-cup mold that



has been dipped in cold water; chill thoroughly. Turn out of mold onto plate; decorate with whipped cream and maraschino cherries. Yield 6 to 8 servings.

## orange pudding

2 large eggs, separated  
 ¼ teaspoon salt  
 ½ cup sugar  
 2 tablespoons flour  
 2 tablespoons butter  
 Grated rind of 1 orange  
 ¼ cup orange juice  
 1 tablespoon lemon juice  
 1 cup milk

Beat egg whites with salt until soft peaks form. Gradually beat in ¼ cup sugar until stiff peaks form.

Without washing beater, beat egg yolks until thickened and lemon color; gradually beat in ¼ cup sugar, flour, butter, orange rind, orange juice, and lemon juice. Gradually beat in milk until smooth; fold in egg whites. Turn into 6 (6-ounce) custard cups. Place in pan of hot water

*plum pudding*



that comes about as high as pudding mixture. Bake in preheated 350°F oven until knife inserted in center comes out clean, about 35 minutes. Chill; turn out. Bottom will be a sauce, top cake-like. Yield 6 servings.

## orange raisin-rice pudding

½ cup honey or corn syrup  
 4 cups cooked rice  
 1 cup raisins  
 1 tablespoon butter or margarine  
 ½ cup orange juice  
 ½ cup chopped nuts or peanuts (optional)

Heat honey in heavy pan until warm. Add rice, raisins, and butter; cook over medium heat 5 minutes. Stir in orange juice. Serve warm or cold. Sprinkle with chopped nuts. Yield 6 servings.

## plum pudding

1 (1-pound) loaf day-old bread  
 ½ pound suet, ground  
 1¾ cups all-purpose flour  
 ½ cup firmly packed brown sugar  
 1 cooking apple, peeled, chopped  
 1½ cups golden raisins  
 1½ cups raisins  
 1¾ cups currants  
 2 tablespoons minced crystallized ginger  
 2 teaspoons ground allspice  
 ¼ cup flaked almonds  
 2 eggs  
 ¾ cup brandy  
 Juice of 2 oranges  
 Juice of 1 lemon  
 Grated rind of 1 orange  
 Grated rind of 1 lemon  
 ¼ cup whipping cream

Process bread in blender or food processor to make fine crumbs. Place in large mixing bowl. Add suet, flour, brown sugar, apple, raisins, currants, ginger, allspice, and almonds; mix well.

Beat eggs; add brandy, juices, and rinds. Blend into crumb mixture; mix well. Mix in cream. Cover with plastic wrap; refrigerate overnight. Pack into 2 (1-quart) pudding molds or 1 (2-quart) mold. Cover with buttered waxed paper and foil. Tie securely with string; trim excess paper and foil. Cover with pudding-mold lid. Place in steamer; pour boiling water into steamer, halfway up side of mold. Cover with lid. Steam for 6 hours; add water to maintain water level, as necessary. Yield about 15 servings.

## raisin-rice pudding

2 cups water  
 ½ cup uncooked rice

## DESSERTS • PUDDINGS

**½ teaspoon salt**  
**½ cup raisins**  
**1 tablespoon butter or margarine**  
**1 cup nonfat dry milk (not instant) or 2 cups instant nonfat dry milk**  
**½ cup sugar**  
**1 cup warm water**  
**1 teaspoon vanilla**

Heat 2 cups water to boiling. Stir in rice, salt, raisins, and butter; lower heat. Cover; cook 30 minutes. Remove from heat.

Mix dry milk and sugar. Mix in 1 cup warm water until smooth. Add milk mixture and vanilla to rice. Stir over low heat until hot. Cool to thicken. Yield 6 servings.

### rice pudding deluxe

**2 cups cooked rice**  
**½ teaspoon salt**  
**1 (20-ounce) can crushed pineapple, drained**  
**½ pint whipped cream, beaten stiff**

Mix rice, salt, and pineapple until well blended. Add most of whipped cream (reserve some for garnish); fold in gently. Spoon into individual serving dishes; top with whipped cream. Yield 6 to 8 servings.

### rum rice

**¼ cup raisins**  
**¼ cup rum**  
**1 cup uncooked rice**  
**1 teaspoon salt**  
**1 cup sugar**  
**3 cups milk**  
**2 tablespoons chopped nuts**  
**1 teaspoon lemon juice**  
**1 egg, beaten**  
**¼ pound butter or margarine**  
**Cinnamon and sugar mixed together**

The night before, or at least several hours ahead, soak raisins in rum.

Cook rice, salt, sugar, and milk in top part of double boiler or in very heavy saucepan 30 minutes. Rice will be tender and liquid absorbed. Add raisins, nuts, lemon juice, and egg.

Melt butter in medium skillet; do not let butter brown. Add rice mixture; cook until crusty on edges. Turn rice; brown other side. When ready to serve, sprinkle with cinnamon-sugar. Yield 4 to 6 servings.

### sour-milk pudding

**1 teaspoon baking soda**  
**1 cup sour milk**

**2 cups bread crumbs**  
**½ cup butter or margarine**  
**1 cup sugar**  
**2 eggs**  
**1 cup flour**  
**1 teaspoon cinnamon**  
**¼ teaspoon salt**  
**⅛ teaspoon nutmeg**  
**1 cup chopped nuts**  
**1 cup raisins**  
**1 teaspoon vanilla**

Combine soda and milk. Add bread crumbs; let stand 10 minutes.

Beat butter while adding sugar slowly. Beat in eggs, one at a time.

Mix and sift flour, cinnamon, salt, and nutmeg. Add to egg mixture alternately with milk mixture. Add nuts, raisins, and vanilla. Turn into greased baking dish; cover. Bake in 350°F oven 1¼ hours. Serve with any fruit sauce. Yield 8 servings.

### steamed chocolate pudding

**½ cup butter, softened**  
**¾ cup sugar**  
**¾ cup all-purpose flour**  
**3 tablespoons cocoa**  
**⅛ teaspoon salt**  
**3 eggs**  
**½ teaspoon vanilla extract**  
**¼ cup half-and-half cream**  
**Confectioners' sugar**

Cream butter in mixer bowl with electric mixer until light and fluffy. Add sugar; beat about 5 minutes.

Sift flour, cocoa, and salt together. Beat into creamed mixture alternately with eggs beginning and ending with flour mixture. Add vanilla and cream; beat in thoroughly. Turn into very heavily buttered 1- to 1½-quart metal mold or glass baking dish. (Use 1 to 2 tablespoons butter to grease mold.) Place double thickness of buttered waxed paper over top; cover with double thickness of heavy-duty foil. Tie tightly with heavy string; trim paper and foil, leaving only about 1-inch overhang. If mold has lid, place on top. Place rack in steamer; add boiling water just to bottom of rack. Place mold on rack. Bring to boil; cover with lid. Reduce heat to low; cook at low boil 2 hours. Add boiling water occasionally to keep water level just below rack.

Remove mold from steamer; let rest about 2 minutes. Remove covers; unmold. Dust generously with confectioners' sugar. Serve plain or with whipped cream or chocolate sauce. Yield about 8 servings.





*steamed chocolate pudding*

**½ cup pure maple syrup**

**½ teaspoon vanilla**

**3 medium apples, peeled, coarsely chopped  
(2 cups)**

Melt butter in 2-quart casserole dish.

Stir together brown sugar, flour, baking powder, salt, and cinnamon.

Combine milk, syrup, and vanilla. Pour over flour mixture; blend until smooth. Pour batter over melted butter in casserole; do not stir. Place apples on batter. Bake in 375°F oven 35 to 40 minutes, until crust turns brown. Serve warm with plain cream. Yield 4 to 6 servings.

## vanilla cream pudding

**2 tablespoons cornstarch**

**¼ cup sugar**

**½ teaspoon salt**

**1 egg**

**2 cups milk**

**1 tablespoon butter or margarine**

**1 teaspoon vanilla**

Mix cornstarch, sugar, and salt in pan; set aside.

Beat egg; add milk. Stir into cornstarch mixture. Cook and stir over medium heat until mixture thickens. Cook and stir 1 minute longer. Stir in butter and vanilla. Chill before serving. Yield 6 servings.

## vermont maple-apple pudding

**6 tablespoons butter or margarine**

**¼ cup packed brown sugar**

**1 cup whole-wheat pastry flour**

**2½ teaspoons baking powder**

**¼ teaspoon salt**

**½ teaspoon cinnamon**

**1 cup milk**

## SOUFFLÉS

### belgian soufflé omelet in meringue

**1 recipe Basic Italian Meringue (see Index)**

**Red food coloring**

**1 cup sliced fresh strawberries**

**½ cup sugar**

**¼ cup Grand Marnier**

**4 eggs, separated**

**Pinch of salt**

**1 teaspoon water**

**2 tablespoons butter**

**8 to 10 fresh whole strawberries**

Prepare meringue; add about 4 drops food coloring to tint light pink. Cover with damp towel until ready to use.

Sprinkle strawberries with ¼ cup sugar and 2 tablespoons Grand Marnier; let stand no longer than 10 minutes.

Combine egg whites, salt, and water in large mixer bowl; beat with electric mixer until very stiff.

Combine ¼ cup sugar, 2 tablespoons Grand Marnier, and egg yolks; beat until thoroughly

## DESSERTS • SOUFFLÉS

mixed. Fold egg-yolk mixture slowly into egg whites.

Melt butter in omelet pan until foamy. Turn egg mixture into pan; cook slowly, pulling edge away from side of pan and leveling top to side with



*belgian soufflé omelet in meringue*

spatula. Pierce through omelet with tip of spatula occasionally to allow heat to rise through omelet. Cook until base is light golden brown and set but top is still foamy. Remove from heat; place, about 6 to 8 inches from source of heat, in preheated broiler. Broil about 4 minutes, until top is set and lightly browned.

Remove from oven; spoon strawberries over top. Fold in half; slide onto heatproof dish.

Place  $\frac{1}{3}$  of meringue in pastry bag with large star tube affixed. Cover omelet completely with remaining meringue. Pipe around edge and over top; pipe rosettes in decorative manner. Place under broiler about 4 minutes or until lightly tinged with brown. Remove from the oven; garnish with a few fresh strawberries. Serve immediately. Yield about 8 servings.

### **chocolate coconut soufflé**

**4 ounces cream cheese, room temperature**  
 **$\frac{1}{2}$  cup milk**

**$\frac{2}{3}$  cup semisweet chocolate chips**

**4 egg yolks**

**Few grains of salt**

**$\frac{1}{2}$  cup flaked coconut**

**1 teaspoon vanilla**

**4 egg whites**

**$\frac{1}{4}$  cup confectioner's sugar, sifted**

**Whipped cream or whipped topping (optional)**

Beat cream cheese and milk with rotary beater or electric mixer in saucepan. Add chocolate chips. Heat over low heat; stir until chocolate chips melt.

Beat egg yolks and salt together. Stir part of chocolate mixture into egg yolks; stir egg yolks into rest of chocolate mixture. Cook over low heat, stirring constantly, until slightly thickened. Stir in coconut and vanilla; cool.

Preheat oven to 325°F.

Beat egg whites until soft peaks form. Add sugar gradually, beating until stiff peaks form. Fold in chocolate mixture. Pour into ungreased 1-



quart casserole; set in pan of hot water. Bake 1 hour or until knife inserted into soufflé comes out clean. If desired, top with whipped cream or whipped topping; serve immediately. Yield 6 servings.

## **frozen patriotic soufflé**

**1 recipe Basic Confectioners' Custard (see Index)**

**1 (10-ounce) package frozen raspberries, thawed**

**6 egg whites**

**½ cup sugar**

**1¼ cups whipping cream, whipped**

**½ cup fresh or thawed blueberries**

Make collar of thin poster paper to fit around entire depth and 2 inches higher than 6-inch soufflé dish. Tape together securely around outside of dish.

Prepare custard.

Pour raspberries into sieve placed over bowl; press berries through sieve with back of wooden spoon until only seeds remain. Discard seeds; set pulp aside.

Place egg whites in large mixer bowl; beat at high speed until fluffy. Add sugar gradually, beating until stiff peaks form.

Place cool custard in large bowl; gently fold in 1 cup cream, whipped, until well combined. Fold in raspberry pulp. Add ⅓ of egg whites; fold in with rubber spatula. Add remaining egg whites; fold in completely. Turn into mold; freeze about 4½ hours. Sides and top will be firm but center will be soft. Remove paper collar; serve immediately. Garnish with remaining cream, whipped and lightly sweetened; sprinkle with blueberries. Yield about 12 servings.

## **grand marnier soufflé**

**12 small macaroons**

**6 tablespoons Grand Marnier liqueur**

**½ cup milk**

**1 (1-inch) piece vanilla pod or 1 teaspoon vanilla extract**

**¼ cup butter**

**⅓ cup all-purpose flour**

**½ cup sugar**

**1¼ cups half-and-half cream**

**3 egg yolks, lightly beaten**

**6 egg whites, stiffly beaten**

**½ cup whipping cream**

**1 tablespoon confectioners' sugar**

*frozen patriotic soufflé*



## DESSERTS • SOUFFLÉS

Arrange macaroons in shallow dish; sprinkle with 4 tablespoons Grand Marnier. Let soak 10 minutes or until soft. Remove with spatula; spread over bottom of buttered and lightly sugared 6- or 7-inch soufflé dish.

Scald milk with vanilla pod; remove from heat. Remove vanilla pod. Dry; store for future use. If using vanilla extract, add after scalding milk.

Melt butter in top of double boiler. Stir in flour to make smooth paste. Add milk and sugar alternately; stir constantly to keep smooth paste. Pour in half-and-half gradually; stir constantly until smooth and creamy. Remove from heat. Pour about  $\frac{1}{4}$  of hot mixture slowly into egg yolks; stir constantly. Stir egg yolks into hot mixture. Add 1 tablespoon Grand Marnier; mix well. Cool mixture. Thoroughly fold in  $\frac{1}{4}$  of egg whites; use wire whisk. Add remaining egg whites; fold in thoroughly but carefully. Pour over macaroons in soufflé dish. Bake in preheated 425°F oven 25 to

*grand marnier soufflé*

30 minutes or until soufflé has puffed and browned.

While soufflé is baking, whip cream with confectioners' sugar until soft peaks form. Beat in 1 tablespoon Grand Marnier.

Remove soufflé from oven; serve immediately with dollop of whipped cream. Each serving can be sprinkled with confectioners' sugar, if desired. Yield about 6 servings.

### hot chocolate soufflé

**Butter**

**Sugar**

**$\frac{3}{4}$  cup chocolate chips**

**4 egg yolks**

**1 cup sifted confectioners' sugar**

**5 egg whites, room temperature**

**$\frac{1}{2}$  teaspoon cream of tartar**

Grease 6-inch soufflé dish generously with but-







*hot chocolate soufflé*

ter; coat inside with sugar, shaking out excess.

Combine 2 tablespoons cold water and chocolate chips in top of double boiler. Place over hot water until chocolate chips are melted; beat with wire whisk until blended.

Cut 2 tablespoons butter into small pieces; add to chocolate 1 piece at a time, beating until butter is melted. Cool slightly.

Place egg yolks in large mixer bowl; beat with electric mixer until lemon-colored. Add confectioners' sugar gradually; beat until thick. Add  $\frac{1}{4}$  of chocolate mixture; beat with wire whisk until blended. Add remaining chocolate mixture; beat until well mixed.

Beat egg whites and cream of tartar with electric mixer until stiff peaks form. Fold  $\frac{1}{4}$  of egg whites into chocolate mixture; blend well. Gently fold in remaining egg whites until well mixed. Spoon into prepared soufflé dish; smooth top. Bake in preheated 400°F oven 35 minutes or until set. Dust with additional confectioners' sugar, if desired; serve immediately. Yield about 6 servings.

## iced lemon soufflé

1 envelope gelatin  
2 tablespoons water  
Grated rind of 4 lemons

## TAPIOCA • DESSERTS

$\frac{1}{2}$  cup lemon juice, strained  
1 cup superfine sugar  
1 cup egg whites  
1 cup whipping cream

Soften gelatin with water in small saucepan. Add rind, juice, and sugar; stir over low heat until gelatin dissolves. Chill over bowl of ice, stirring frequently, to syrup consistency.

Beat egg whites very stiff; beat into lemon mixture.

Whip cream; fold in until thoroughly mixed.

Tie double oiled band of waxed paper around top of 1-quart soufflé dish, forming 4-inch-high collar. Pour in soufflé; chill.

Remove paper collar before serving. Decorate top with additional whipped cream, paper-thin slices of lemon, and fresh mint. Yield 6 servings.

## vanilla soufflé

2 cups milk  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  vanilla pod or 1 teaspoon vanilla extract  
 $\frac{1}{4}$  cup butter  
 $\frac{1}{3}$  cup all-purpose flour  
6 egg whites, stiffly beaten

Combine milk, sugar, and vanilla pod in small heavy saucepan; bring to boil. Remove from heat; let stand 30 minutes. Remove vanilla pod; dry and store for future use. If using vanilla extract, add after scalding milk. Return milk to boil; remove from heat.

Melt butter in double boiler over medium heat. Stir in flour to make smooth paste, using wooden spoon. Add milk gradually, stirring constantly; cook until thickened. Pour into large mixing bowl; cool slightly. Thoroughly fold in  $\frac{1}{4}$  of egg whites, using wire whisk. Add remaining egg whites; fold in thoroughly. Pour into well-buttered 6- or 7-inch soufflé dish. Smooth top; dome mixture slightly in center. Bake in preheated 425°F oven 1 shelf above center about 25 minutes, a little longer for drier soufflé. Serve immediately. Yield about 4 servings.

## TAPIOCA

### apple tapioca

$\frac{1}{2}$  cup minute tapioca  
1 teaspoon salt  
3 cups apples, pared, cored, sliced  
1 cup brown sugar  
 $\frac{1}{3}$  teaspoon nutmeg  
 $\frac{3}{4}$  teaspoon cinnamon  
2 teaspoons lemon juice

Cook tapioca and salt in 4 cups hot water in double boiler 15 to 20 minutes, until tapioca is



*vanilla soufflé*

clear; stir frequently.

Put apples in greased baking dish. Cover with sugar, mixed with spices and lemon juice. Pour tapioca over. Bake in 350°F oven about 45 minutes. Yield 8 servings.

## blueberry tapioca

**1 pint container large blueberries (about 2½ cups)  
or frozen, thawed**

**½ cup sugar**

**½ cup water**

**2 tablespoons tapioca**

Stir together all ingredients in 2-quart saucepan; let stand 5 minutes. Stirring constantly, bring to full boil. Ladle into 5 (1-cup) individual dessert bowls. Serve warm or chilled, topped with whipped cream. Yield 5 servings.

## chocolate tapioca

**1½ cups milk**

**2 tablespoons minute tapioca**

**1 egg, separated**

**3 tablespoons sugar**

**⅛ teaspoon salt**

**1 teaspoon vanilla**

**2 squares unsweetened chocolate**

Scald 1 cup milk in top of double boiler. Add tapioca; cook 20 minutes or until tapioca is trans-

parent. Stir frequently.

Beat egg yolk. Add sugar and salt. Put tapioca mixture with egg yolks. Put over bottom of double boiler; cook until thickened. Remove from heat; fold in stiffly beaten egg white, vanilla, and chocolate blended with half cup scalded milk. Yield 4 servings.

## coffee tapioca

**1 egg yolk**

**1 cup evaporated milk**

**⅓ cup minute tapioca**

**⅔ cup sugar**

**¼ teaspoon salt**

**1 cup water**

**2 cups strong coffee**

**1 egg white**

**1 teaspoon vanilla**

**Caramel Sauce (see Index)**

Mix egg yolk with small amount milk in saucepan. Add remaining milk, tapioca, sugar, salt, water, and coffee. Bring to boil over direct heat, stirring constantly. Remove from heat.

Beat egg white until just stiff enough to hold shape. Gradually fold hot tapioca mixture into egg white; cool. When slightly cool, stir in vanilla; chill. Serve in parfait glasses with Caramel Sauce. Yield 8 servings.



## VARIETY DESSERTS • DESSERTS

### tapioca cream

- ¼ cup minute tapioca
- 1 cup scalded milk
- ⅓ cup sugar
- 1 egg, separated
- ¼ teaspoon salt
- ½ teaspoon vanilla

Add tapioca to milk; cook in double boiler until transparent. Add half the sugar to milk and half to slightly beaten egg yolk and salt. Pour hot mixture slowly on egg mixture. Return to double boiler; cook until thickened, stirring constantly. Add stiffly-beaten egg whites. Flavor with vanilla. Serve cold. Yield 4 servings.

### tapioca custard pudding

- 1 pint scalded milk
- 2 eggs, slightly beaten
- ⅓ cup minute tapioca
- ½ cup sugar
- 1 teaspoon salt
- 1 tablespoon butter

Add tapioca to milk; cook in double boiler 30 minutes. Add eggs to sugar and salt. Gradually pour on hot mixture; turn into buttered pudding dish. Add butter; put in pan of hot water. Bake in 325°F oven 30 minutes. One cup of almost any chopped, canned, or stewed fruits or berries can be added. Yield 6 servings.

## VARIETY DESSERTS

### charlotte russe

- 12 ladyfingers
- Light corn syrup
- 2 envelopes unflavored gelatin
- 1 cup sugar
- ¼ teaspoon salt
- 4 eggs, separated
- 2½ cups milk
- 2 tablespoons brandy or sherry
- 1 cup whipping cream, whipped

Wet base of 8-inch springform pan.

Split ladyfingers; cut off ½-inch tip of each half.

Coat side of springform pan with corn syrup. Place ladyfinger halves around side of pan, curved-end-up, to stand upright.

Mix gelatin, ½ cup sugar, and salt in 2-quart saucepan.

Beat egg yolks; stir in milk. Stir into gelatin mixture; cook over low heat, stirring constantly,

about 6 minutes, until gelatin is dissolved. Remove from heat. Add brandy; mix well. Chill until mixture mounds slightly when dropped from spoon.

Beat egg whites until stiff but not dry, then beat until very stiff; add remaining sugar gradually. Fold into gelatin mixture. Fold in whipped cream; turn into pan. Chill until firm.

Release spring to unmold; remove side of pan carefully. Place on serving platter. Pipe additional whipped cream around top edge and base of Charlotte Russe; garnish as desired. Yield 12 servings.

### chocolate-cream coupes

- 3 (1-ounce) squares unsweetened chocolate
- 2 egg yolks
- ⅛ teaspoon salt
- ¾ cup white corn syrup
- 2 cups whipping cream
- 1 teaspoon vanilla extract

*chocolate-cream coupes*



## DESSERTS • VARIETY DESSERTS

Place chocolate in top of double boiler over hot, not boiling, water. (If water is too hot, chocolate will become lumpy and hard.) Heat until chocolate is melted.

Combine egg yolks and salt in small mixer bowl; beat until light and lemon-colored. Add corn syrup; beat until well combined. Pour slowly into chocolate; beat constantly. Cook over hot water, stirring constantly, until thickened. Remove from heat; beat until cold.

Whip cream until fluffy. Add vanilla; beat until stiff. Fold  $\frac{1}{3}$  of whipped cream into chocolate, then fold in remaining whipped cream. Chill at least 4 hours. Spoon into serving dishes; mound as in illustration, if desired. Garnish with a little whipped cream or with dragonflies as illustrated. Yield 6 to 8 servings.

### chocolate mousse

8 ounces semisweet chocolate pieces

2 tablespoons water

$\frac{1}{4}$  cup powdered sugar

$\frac{1}{2}$  cup unsalted butter, softened

6 eggs, separated

1 tablespoon dark rum

$\frac{1}{2}$  teaspoon vanilla

2 tablespoons sugar

Melt chocolate and water in double boiler. When melted, stir in powdered sugar. Add butter bit by bit; set aside.

Beat egg yolks until thick and lemon-colored, about 5 minutes. Gently fold in chocolate; reheat slightly to melt chocolate, if necessary. Stir in rum and vanilla.

Beat egg whites until foamy. Beat in sugar; beat until stiff peaks form. Gently fold whites into chocolate mixture. Pour into individual serving dishes; chill at least 4 hours. Serve with whipped cream, if desired. Yield 8 servings.

### chocolate-orange mousse

$\frac{1}{2}$  teaspoon grated orange rind

2 tablespoons packed light brown sugar

1 egg yolk

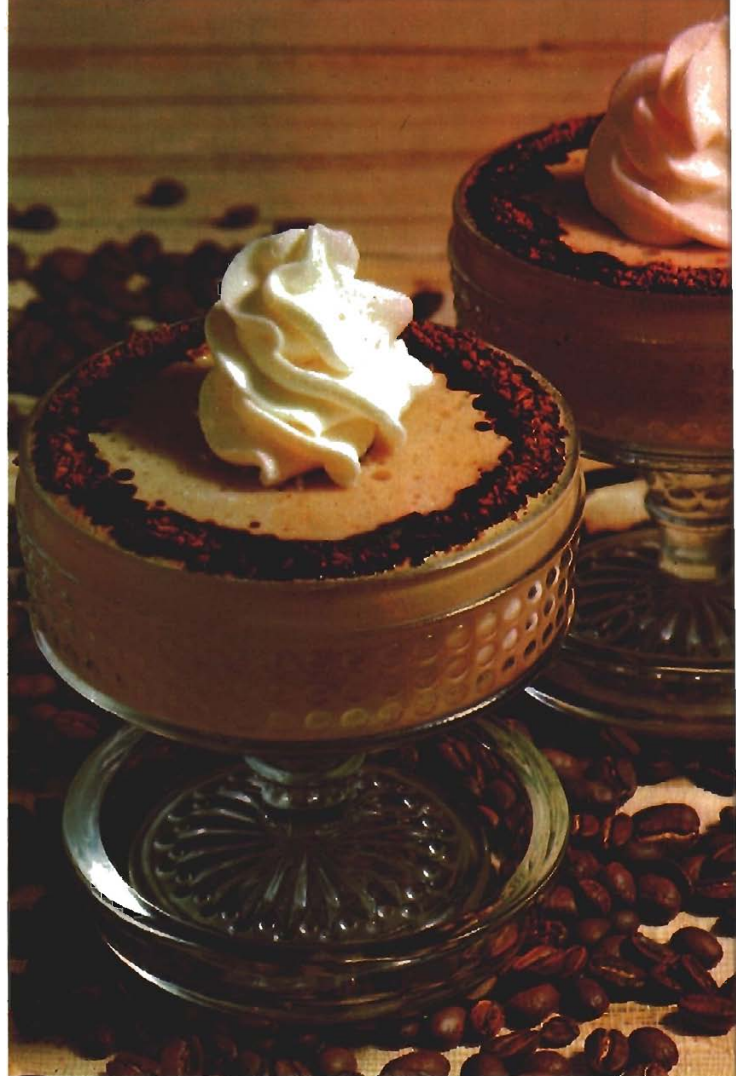
1 egg

3 squares (3 ounces) semisweet chocolate, melted, cooled

$1\frac{1}{2}$  tablespoons orange juice

$\frac{1}{2}$  cup heavy cream

Combine rind, sugar, egg yolk, and egg in a blender or food processor; whirl until light and foamy. Add chocolate, orange juice, and cream; whirl until well blended. Pour into individual dessert dishes; chill about 1 hour, until set. Yield 2 servings.



*coffee dessert*

### coffee dessert

$1\frac{1}{2}$  envelopes unflavored gelatin

$1\frac{1}{2}$  cups water

1 cup milk

$\frac{3}{4}$  cup sugar

$\frac{1}{4}$  teaspoon salt

2 tablespoons instant coffee powder

3 eggs, separated

1 teaspoon vanilla extract

Put gelatin, water, milk, sugar, salt, and coffee together in double boiler. Stir until gelatin has melted and mixture just reaches boiling point. Add egg yolks; stir over low heat until mixture is thick enough to coat back of spoon. Remove from heat. Add vanilla; chill until mixture thickens to syrupy consistency. Stir frequently.

Beat egg whites until stiff; fold into mixture. Pour into sherbet glasses; chill until firm. Decorate as desired. Yield 6 servings.

### coffee-filled éclairs

1 recipe Basic Cream Puff Pastry (see Index)

4 tablespoons Basic Coffee Syrup (see Index)

$\frac{1}{8}$  teaspoon salt

1 recipe Basic Confectioners' Custard (see Index)



**2½ cups sifted confectioners' sugar**

Prepare Cream Puff Pastry; pipe into éclairs, using 1-inch plain piping tube. Bake 10 minutes at 400°F. Reduce heat to 350°F; bake 25 minutes.

Make custard; let cool. Add half the Basic Coffee Syrup and salt; mix well.

Split éclairs on one side; fill with custard mixture.

For frosting, mix remaining coffee syrup into confectioners' sugar; add enough warm water, several drops at a time, to make spreading consistency. Spread over éclairs; chill until ready to serve. Yield 12 to 16.

## junket

**5 cups fresh milk**

**2 teaspoons sugar**

**2 teaspoons rennet or ½ junket tablet**

Junkets are milk desserts set with rennet only, without either grain or gelatin.

Warm milk to lukewarm; stir in sugar until dissolved. Add rennet; stir. Pour at once into serving dishes; put in warm place to set. Serve with cream, if liked. Yield 6 servings.

### *chocolate junket*

Add 2 to 3 ounces plain chocolate, grated and dissolved in a little of the measured milk.

### *coffee junket*

Add instant coffee powder to milk to flavor; decorate finished junket with chopped nuts.

### *rum junket*

Add rum to taste.

*vanilla, almond, raspberry junket, etc.*

Add a few drops of extract.

*Note: When using rennet in liquid or powder form, the manufacturer's instructions should always be followed carefully.*

## macaroon mousse

**4 egg yolks**

**½ cup sifted confectioners' sugar**

**½ cup rum**

**4 cups crushed Almond Macaroons (see Index)**

**2 cups whipping cream, whipped**

Place egg yolks in large mixer bowl; beat with electric mixer until light and fluffy. Add sugar alternately with rum; beat until well blended. Add macaroons; mix well. Cover bowl with aluminum foil; let stand 15 minutes. Fold in whipped cream gradually; blend well. Spoon mixture into wet mold; chill about 3 hours, until set.

Dip mold into warm water; unmold onto serving dish. Serve immediately. Yield 10 to 12 servings.

## moor in a shirt

**4 slices bread, crusts removed**

**½ cup whipping cream**

**⅓ cup butter, softened**

**2 eggs**

**2 egg yolks**

**¾ cup sifted confectioners' sugar**

**¼ cup ground toasted almonds**

**⅓ cup chocolate chips, melted**

**⅛ teaspoon almond extract**

*macaroon mousse*





*moor in a shirt*

Break bread into small pieces; place in bowl. Pour cream over bread; mix with wooden spoon until cream is absorbed.

Place butter in small mixer bowl; cream with electric mixer about 5 minutes or until light and creamy. Add bread mixture; beat until light and fluffy.

Combine eggs and egg yolks; beat lightly with fork. Add eggs and sugar alternately to bread mixture, small amount at a time; beat well after each addition. Add almonds, chocolate, and almond extract; beat until well blended. Turn into heavily buttered 1- to 1½-quart pudding mold. Cover with buttered waxed paper and heavy-duty foil; tie securely with string. Trim off excess paper and foil. Place on rack in steamer; pour boiling water just to bottom of rack. Cover with lid; steam 2 hours. Remove from steamer; let rest 2 minutes.

Unmold onto serving dish; dust with additional confectioners' sugar. Serve with whipped cream or a chocolate sauce, if desired. Yield 4 servings.

## rich man

- 3 tablespoons brandy
- 3 tablespoons Basic Sugar Syrup (see Index)
- 8 to 10 Almond Macaroons (see Index)
- ¾ cup unsalted butter
- 1 cup sifted confectioners' sugar
- ¼ cup sherry
- 2 egg yolks
- ¼ cup ground toasted almonds
- 2 hard-boiled egg yolks, sieved
- 1 recipe Basic Chantilly Cream (see Index)

Combine brandy and sugar syrup.

Place macaroons in pie plate; pour brandy mix-



ture over top. Let soak until soft. Lift carefully with spatula; arrange in well-buttered 1-quart mold.

Place butter in small mixer bowl; cream with electric mixer about 5 minutes, until light and fluffy. Add sugar; beat until smooth. Add sherry, egg yolks, almonds, and hard-boiled egg yolks; beat about 5 minutes. Spoon carefully over macaroons; pack down smoothly. Cover with plastic wrap; chill overnight.

Dip in hot water; unmold in serving dish. Pipe Chantilly Cream around edge and on top as desired. Yield 8 servings.

## rum sponges

1½ cups water  
¼ cup peanut oil  
Peel of ½ lemon  
1 cup unsifted flour  
½ teaspoon salt  
4 eggs

*rich man*



## Peanut oil

1 cup sugar  
½ cup light rum

Bring 1 cup water, ¼ cup peanut oil, and lemon peel to boil. Stir in flour and salt all at once; beat vigorously until mixture leaves sides of pan. Remove from heat. Add eggs one at a time; beat well after each addition. Beat until mixture is smooth. Drop by teaspoonfuls into deep hot (375°F) peanut oil. Fry until golden brown, about 4 minutes; turn often. Drain on paper towels.

Meanwhile heat sugar, rum and 1 cup water to full boil; cool slightly. To serve, toss balls in rum syrup. Pour remaining syrup over top. Yield 8 servings.

## sicilian cheese-filled pastries (cannoli)

*(cannoli)*

*pastry*

2 cups flour  
1 teaspoon salt  
2 tablespoons sugar  
2 tablespoons soft butter, cut into small pieces  
1 egg, beaten  
10 tablespoons white wine  
Oil for frying  
5-inch long × 1-inch in diameter cannoli forms or pieces of dowel

*cream filling*

⅔ cup sugar  
½ cup flour  
⅛ teaspoon salt  
2 cups scalded milk  
2 eggs, lightly beaten  
½ teaspoon vanilla extract  
¼ teaspoon almond extract  
1 pound ricotta cheese  
½ cup powdered sugar  
½ cup finely chopped candied fruit  
1 (1-ounce) block semisweet chocolate, grated

Prepare pastry. Combine flour and salt in mixing bowl. Make well in center; add sugar, butter, and egg. Add wine; stir with fork until liquid is absorbed. Turn onto floured board; knead until smooth. Divide dough into 4 equal parts; roll on floured surface until ⅛ inch thick. Cut into 3½-inch squares; roll squares diagonally onto forms, overlapping corners. Seal with a little water.

Heat ¾ inch oil in heavy skillet to 375°F; fry cannolis, 3 at a time, in hot oil. When light golden, remove from oil; slip off of forms as soon as cool enough to handle. Allow to cool completely.

Make filling. Combine sugar, flour, and salt in



*sicilian cheese-filled pastries*

top of double boiler. Slowly stir in scalded milk; cook over boiling water until mixture thickens. Combine 1 cup of mixture with eggs; beat well. Pour mixture back into double boiler; cook, stirring, 3 minutes. Cool; stir in flavoring. (Filling must be cold before adding ricotta.)

Beat ricotta and powdered sugar until ricotta is smooth. Fold in custard, fruit and chocolate.

Fill cannoli with small spatula, carefully packing filling. Refrigerate until serving time. Yield 30 to 35.

*Note: Shells can be made ahead and frozen and filled as needed.*

## YOGURT

### blackberry yogurt-cream dessert

1 pint (3½ cups) fresh blackberries or raspberries  
4 ounces cream cheese  
1 cup plain yogurt  
¼ cup honey  
2 egg yolks  
2 tablespoons vodka  
2 tablespoons lemon juice  
2 egg whites  
2 cups heavy cream  
16 small macaroons or whole almonds  
16 walnut halves

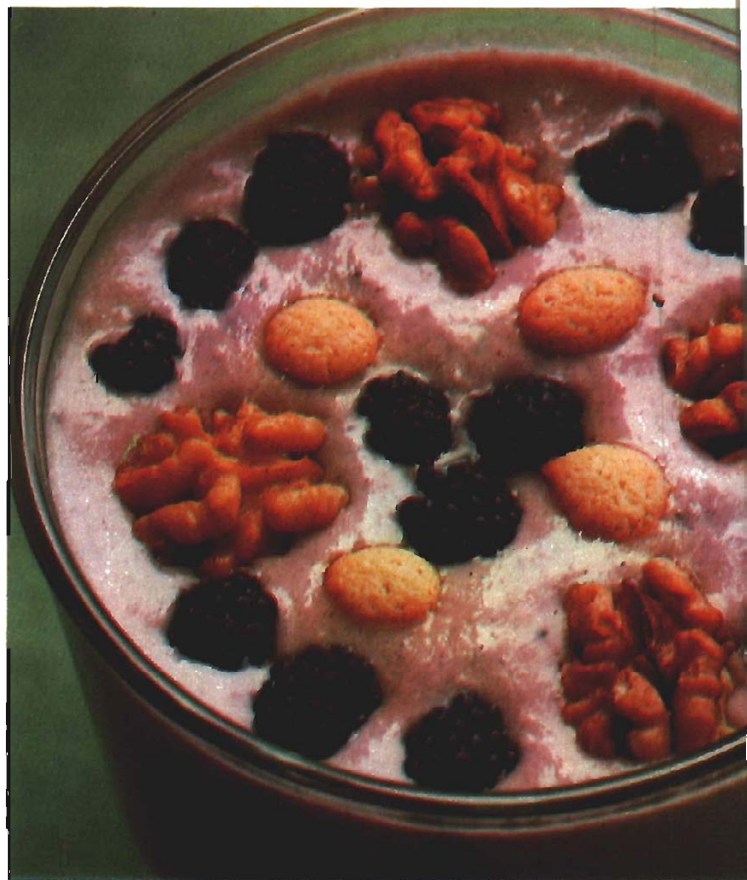
Set aside 16 berries for garnish; strain remaining berries through fine sieve to remove seeds. Blend strained berries with cream cheese, yogurt, honey, egg yolks, vodka, and lemon juice. Stir until smooth and creamy.

Beat egg whites until soft peaks form.

Beat cream until stiff. Fold both into berry mixture. Spoon into 4 individual dessert dishes; chill until set.

Just before serving, garnish each with macaroons or almonds, walnut halves, and reserved berries. Yield 4 servings.

*blackberry yogurt-cream dessert*



### cherry yogurt dessert

1 pound fresh cherries, pits removed  
½ cup honey  
¼ cup kirsch  
1 tablespoon lemon juice  
2 cups plain yogurt  
1 cup whipping cream  
1 teaspoon vanilla

Combine cherries with about ⅓ cup honey, kirsch, and lemon juice. Chill 15 minutes.

Blend yogurt with remaining honey.

Beat cream until stiff; stir in vanilla. Remove 2





*cherry yogurt dessert*

tablespoons whipped cream; reserve for use as garnish. Fold remainder into sweetened yogurt.

Alternate layers of cherries and yogurt-cream mixture in tall parfait glasses. Garnish each with reserved whipped cream. Serve at once. Yield 4 servings.

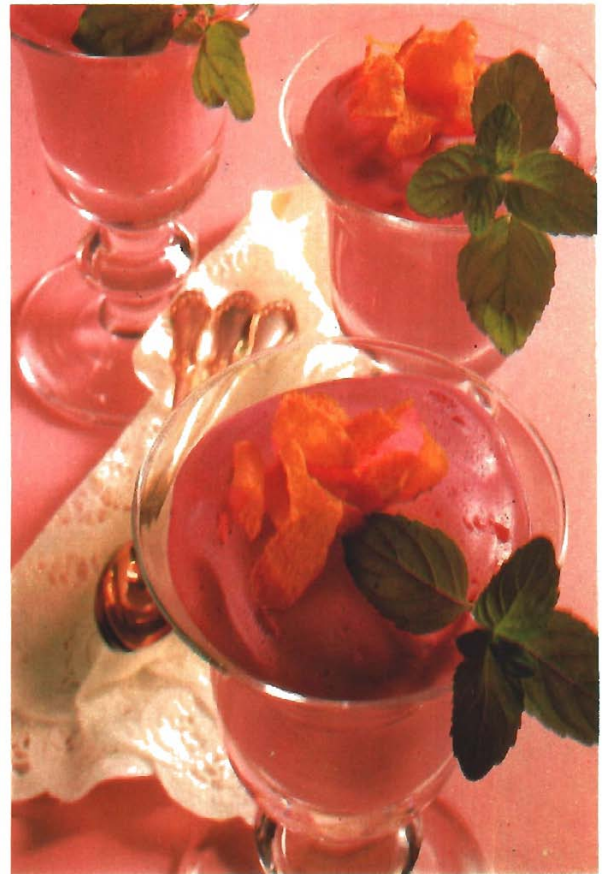
### elfin's yogurt dessert

1 cup plain skim-milk yogurt  
3 tablespoons lemon juice  
1/3 cup dry white wine  
Grated rind of half a lemon  
1 teaspoon vanilla  
Liquid artificial sweetener to taste  
1 envelope unflavored gelatin  
1/3 cup cold water  
3 egg whites

Blend together yogurt, lemon juice, wine, lemon rind, and vanilla. Add sweetener to taste.

Soak gelatin in cold water; place over low heat. Dissolve, stirring constantly. Fold into yogurt mixture; cool until thickened but not set.

Beat egg whites until stiff peaks form. Fold into yogurt mixture. Divide among 4 dessert dishes; re-



*elfin's yogurt dessert*

frigerate until set. Just before serving, garnish each with a few cereal flakes and a sprig of mint. Yield 4 servings.

### eskimo yogurt apples

6 large red apples  
Lemon juice  
1 cup fresh raspberries or 1/2 (10-ounce) package frozen raspberries, thawed  
2 tablespoons sugar  
1/4 cup raspberry liquor, rum, or kirsch  
3 tablespoons flaked coconut  
1/4 cup ground almonds  
1/2 cup plain yogurt  
1 cup whipped cream or whipped topping (garnish)  
Sliced almonds (garnish)

Wash apples well; polish with clean towel. Cut off top of each apple; brush with lemon juice to prevent discoloration. Set aside. Carefully cut out inside of each apple to leave 1/2-inch shell; brush insides with lemon juice. Dice removed portions of apples; discard core and seeds. Combine with sugar, raspberries (reserve a few whole ones for garnish), liquor, coconut, and ground almonds.



*eskimo yogurt apples*



Fold in yogurt; spoon into apples. Top each apple with dollop of whipped cream, a reserved raspberry, and sliced almonds. Cover with apple tops; serve at once. Yield 6 servings.

### frozen melba yogurt

**1 pound ripe peaches**  
**½ pint ripe strawberries, hulled, sliced**  
**½ cup sugar**  
**1 quart plain yogurt**

Peel, halve, and pit peaches; coarsely chop. Add berries and sugar; stir to mix. Let stand at room temperature until sugar dissolves and mixture is juicy. Stir in yogurt. Chill well in freezer but do not freeze; serve or freeze until firm and let stand at room temperature 15 to 20 minutes before serving. Yield about 1½ quarts.

### homemade low-calorie yogurt

When made from 1% skim milk, yogurt contains only about 100 calories per cup. The body is a bit thin, and a 2% skim milk may be preferred for a creamier texture. The caloric value of the yogurt would then be close to 120 calories per cup.

**1 quart skim milk (1 or 2%)**  
**1 heaping tablespoon unpasteurized yogurt**

Heat milk over moderately high heat almost to boiling point. Remove at once; cool to 110 to 105°F. Add yogurt; stir or whisk until completely dispersed. Pour into clean jars; incubate at 110 or 105°F. 6 to 10 hours, until firm. Refrigerate at once. Chill at least 3 or 4 hours before serving or using in a recipe. Yogurt is sweetest when used within several days but will keep up to 2 weeks in refrigerator. Yield 4 cups.

### raspberry yogurt ambrosia

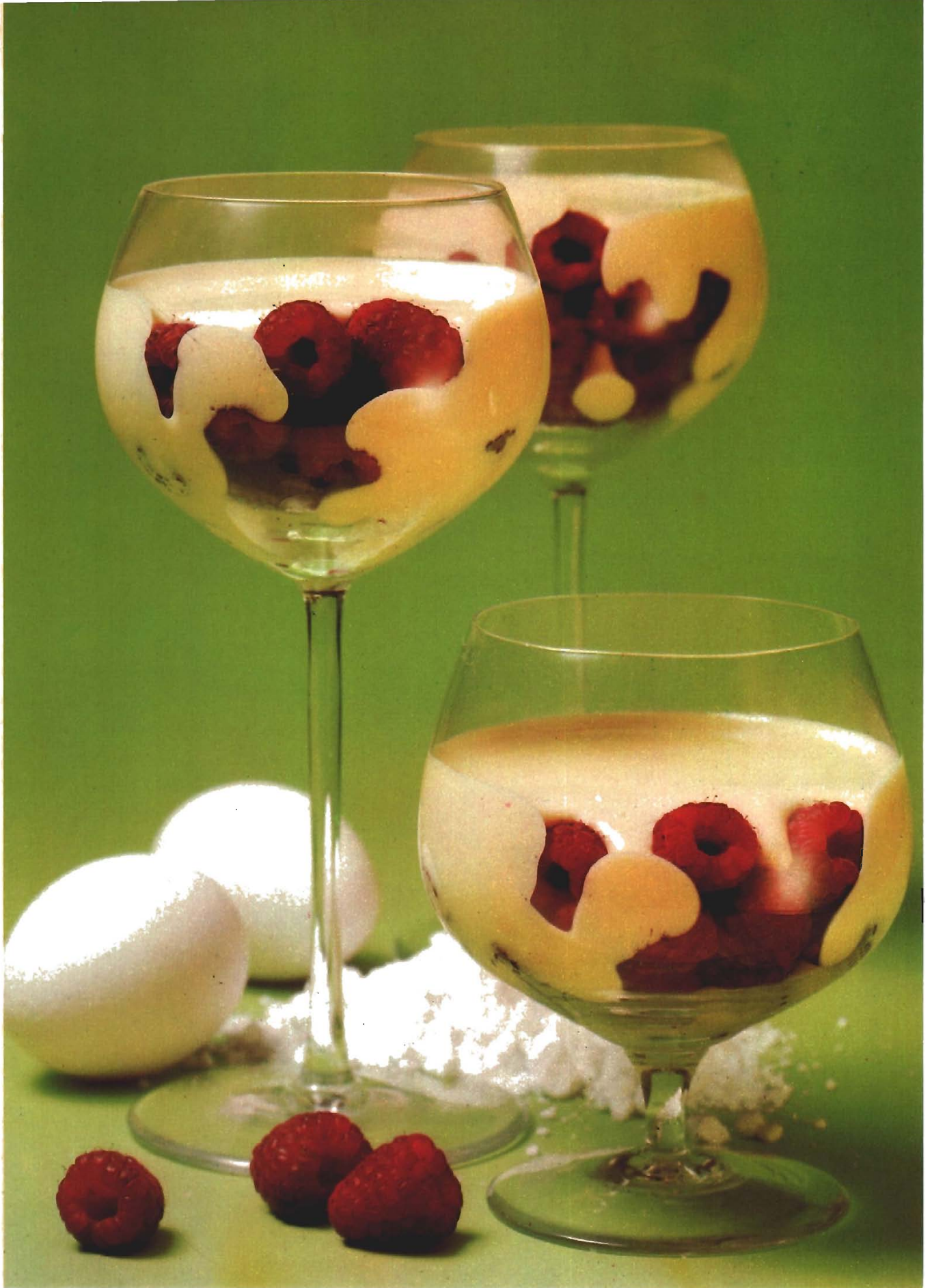
**1 pint fresh raspberries**  
**¼ cup sugar**  
**2 to 3 tablespoons curacao liquor**  
**6 egg yolks**  
**3 tablespoons confectioners' sugar**  
**½ cup white wine**  
**2 tablespoons raspberry liquor or rum**  
**1 tablespoon lemon juice**  
**½ cup plain yogurt**

Wash and drain berries. Sprinkle with sugar; let stand 30 minutes. Divide among 4 glass sherbet or parfait dishes; sprinkle with curacao.

In top of double boiler combine yolks, sugar, wine, liquor, and lemon juice. Stir over simmering water only until thickened; do not overheat. Stir in yogurt; pour over berries. Serve at once. Yield 4 servings.

*homemade low-calorie yogurt*





*raspberry yogurt ambrosia*



## **strawberries yogurt san remo**

**1 pint fresh strawberries, hulled, cleaned, halved**  
**3 tablespoons sugar**

### **yogurt topping**

**3 egg yolks**  
**1/3 cup sugar**  
**1 teaspoon vanilla**  
**Dash of nutmeg**  
**1 tablespoon brandy**  
**2 cups plain yogurt**

**2 tablespoons sliced almonds**

**Shaved chocolate or chocolate sprinkles**

Combine strawberries and sugar. Cover; let stand 15 minutes.

Prepare topping. Beat together yolks, sugar, vanilla, nutmeg, and brandy until smooth. Fold in yogurt.

Spoon strawberries into 4 sherbet dishes. Cover with topping; garnish with almonds and chocolate. Yield 4 servings.

## **strawberry frozen yogurt**

**2 teaspoons gelatin**  
**3 tablespoons milk**  
**1 cup plain yogurt**  
**2 tablespoons sugar**  
**1/8 teaspoon salt**  
**1/8 cup sieved frozen strawberries, partially thawed**  
**1 1/2 tablespoons lemon juice**  
**1/2 cup whipping cream, whipped**

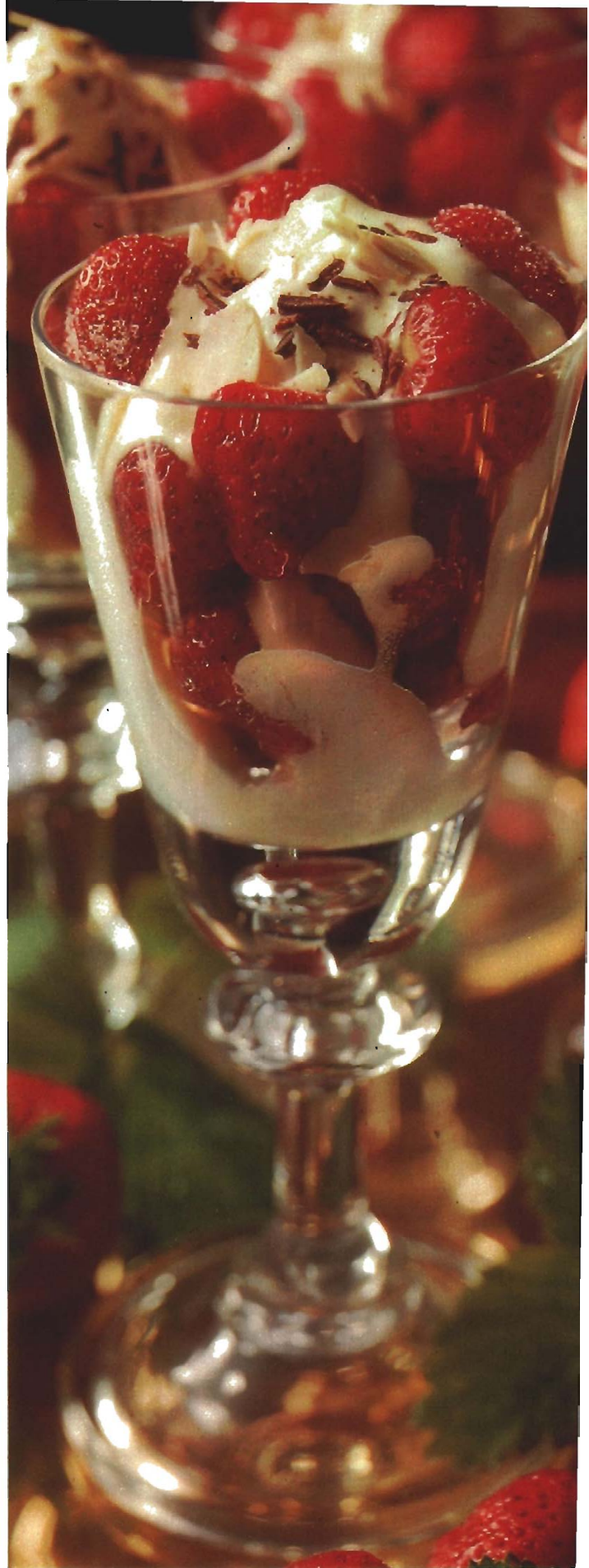
Soak gelatin in milk in custard cup. Set cup into boiling water; stir until gelatin is completely dissolved.

Combine yogurt, sugar, and salt. Stir in gelatin mixture. Stir in berries and lemon juice. Chill until viscous; beat until foamy. Fold in whipped cream. Pour mixture into metal ice-cube tray. Cover with foil; freeze. Yield 4 servings.

## **strawberry yogurt sundae**

**1 pint strawberries, cleaned, hulled**  
**1/4 cup sugar**  
**2 cups plain yogurt**  
**1 teaspoon vanilla**  
**Grated chocolate**  
**2 tablespoons chopped pistachio nuts**  
**Whipped cream**

Reserve several strawberries for garnish. Puree remainder in blender or food processor. Combine pureed strawberries, sugar, yogurt, and vanilla. Spoon into individual dessert dishes. Garnish with chocolate, nuts, and dab of whipped cream. Yield 3 or 4 servings.





*strawberry yogurt sundae*



## yogurt parfaits

- 1 medium can sliced peaches
- 1 cup quartered seedless grapes
- 2 (8-ounce) cartons yogurt
- 2 peeled sliced pears
- 1 small can pineapple chunks
- $\frac{1}{2}$  cup cream, whipped (optional)
- 4 maraschino cherries

Reserve 8 peach slices for decoration.

Place layer of grapes in 4 parfait glasses. Cover with layer of yogurt; add layers of pears, peaches, and pineapple alternately with yogurt until last layer of yogurt comes within  $\frac{1}{4}$  inch of top of each glass. Pipe a spiral of whipped cream over yogurt in each glass; top with a cherry. Push 2 reserved peach slices onto each glass. Fruits can be layered in sherbet glasses, if desired. Yield 4 servings.

*yogurt parfaits*



# DUCK

## apricot duck

- 1 (4- to 5-pound) roasting duck
- 1 pound fresh apricots (or 1 large can, drained)
- 1 orange
- 1 onion, finely chopped
- Salt and pepper
- 2 to 3 tablespoons oil
- 3 tablespoons honey
- 1 to 1½ cups stock made with duck giblets (or chicken bouillon cube)
- 3 to 4 tablespoons apricot brandy

Stuff duck with half seeded apricots and 3 strips of orange zest (the thin outer skin of orange), onion, and seasoning. Prick skin of duck with fork to allow fat to run out while cooking; season with pepper and salt.

Heat oil in roasting pan. When very hot, add duck; baste all over with oil. Roast in preheated 400°F oven; allow 20 minutes per pound. Half an hour before cooking is completed, spoon melted honey and juice of orange over duck; to give skin shiny crispness. Ten minutes before end of cook-

ing, add rest of apricots to pan; heat through and brown slightly. Remove duck to warm dish; remove stuffing to bowl. Arrange roasted apricots around duck.

Pour off fat from roasting pan. Put in stuffing; bring to boil, stirring all the time. Taste for seasoning. Strain or blend in liquidizer, blender, or food processor. Return to heat; add apricot brandy. Serve at once with duck and apricots. Yield 4 to 6 servings.

## brandied duck

- 1 (5- to 6-pound) duck
- 2 large onions, chopped
- ¼ cup minced parsley
- 1 bay leaf
- ½ teaspoon thyme
- 2 garlic cloves, crushed
- 3 jiggers brandy
- 2 cups red wine
- ¼ cup olive oil or butter
- ¾ pound mushrooms, sliced
- Salt
- Pepper

Clean, then cut duck into serving pieces. Place in deep dish. Add onions, parsley, bay leaf, thyme, garlic cloves, brandy, and wine to duck. Marinate at least 4 hours, preferably overnight.

Heat oil; brown pieces of duck about 15 minutes. Add marinade, mushrooms, and seasonings. Cover tightly; simmer over low heat at least 1 hour. Yield 4 to 6 servings.

## duck savoyarde

- 2 ducks (4 to 5 pounds each)
- 6 tablespoons unbleached flour
- 2 teaspoons salt
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ½ teaspoon oregano
- 2 tablespoons oil
- 2 tablespoons butter or margarine
- ¾ pound mushrooms, sliced
- 4 onions, peeled, quartered
- 6 carrots, scraped, cut into large strips
- 1 clove garlic, crushed (optional)
- 2 to 3 cups red wine
- 10 ripe olives, chopped

### *garnish*

- Red currant jam or guava jelly
- Parsley sprigs
- Wild or savory rice

Have butcher clean ducks and disjoint them into 6 or 8 pieces each. Place pieces in paper or



## DUCK

plastic bag with flour and seasonings; shake until well coated.

Heat oil and butter in large skillet. Brown ducks on all sides; transfer to large casserole as they are browned.

In same skillet brown mushrooms, onions, carrots, and garlic; add more oil and butter if necessary. Add mixture to ducks. Add wine; cover. Bake at 350°F 1 hour. Fifteen minutes before end of cooking time, add olives. Remove ducks from casserole to heated platter. Remove as much fat as possible from sauce in pan. Pour sauce over ducks. Garnish platter with sprigs of parsley. Serve with red currant or guava jelly and wild or savory rice. Yield 8 or more servings.

### duckling with oranges

**¼ cup olive oil**

**¼ cup butter**

**1 large duckling**

**Basic Seasoned Flour (see Index)**

**2 tablespoons wine vinegar**

**2 teaspoons sugar**

**Strips of peel of 1 orange and 1 lemon**

**Juice of 1 orange**

**Juice of ½ lemon**

**1 teaspoon curacao**

**1 teaspoon brandy**

Heat oil and butter in large frypan. Dredge duckling with seasoned flour. Place in frypan over medium-high heat; brown on all sides. Place in heavy baking dish. Pour pan drippings over duckling; cover. Bake in preheated 350°F oven about 1½ hours or until duckling is tender. Remove duckling from baking dish; place on heated platter. Keep warm. Pour off excess fat from casserole drippings.

Place vinegar and sugar in small saucepan. Cook over low heat, stirring, until sugar is dissolved. Stir in drippings, orange and lemon strips, and orange and lemon juice; cook over medium heat until liquid is reduced by half. Add curacao and brandy; pour over duckling. Yield about 4 servings.

### peking duck

**1 (3- to 4-pound tender roasting duck)**

**5 to 6 tablespoons honey**

**3 teaspoons wine vinegar**

**2 tablespoons soy sauce**

**2 to 3 teaspoons sherry**

**1 orange**

**1 onion**

**Salt and pepper**



*duckling with oranges*

Preheat broiler or barbecue charcoal grill.

Prepare special basting sauce: In pan put honey, vinegar, soy sauce, sherry, juice of ½ orange and 3 tablespoons water. Heat together; bring to boil. Let cool.

Prick skin of duck lightly with sharp fork; pour over several pints of boiling water to soften skin; let dry. Put onion and ½ orange inside duck; season. Put bird on spit; when broiler or barbecue is very hot, cook bird, basting frequently with special sauce. Allow 20 minutes per pound; lower heat after first half hour. Test if duck is done by sticking skewer deeply into leg meat. If juice is clear, duck is done. Remove from heat. Serve with rice and bean sprouts. Yield 4 servings.



# DUMPLINGS

## dumplings in broth

**1½ cups all-purpose white flour**  
**2 egg yolks**  
**¾ cup beef broth**  
**1 teaspoon salt**  
**¼ teaspoon white pepper**  
**1 quart beef bouillon**

Mix flour, egg yolks, broth, salt, and pepper; beat vigorously. If batter is too thin, add additional flour. Using teaspoon, drop batter into boiling bouillon. When dumplings float to top, soup is ready to serve. Yield 4 servings.

## dumplings italian-style (gnocchi)

**4 cups (1 quart) milk**  
**1 cup yellow cornmeal**  
**2 eggs, well beaten**  
**2 teaspoons salt**

**¼ teaspoon pepper**  
**1 small onion, finely chopped**  
**1½ cups finely cut-up or shredded cheese**  
**¼ cup melted butter or margarine**

Mix milk and cornmeal in pan; cook and stir over medium heat until very thick. Stir into eggs. Stir in salt, pepper, onion, and 1 cup cheese. Pour into baking pan so mixture is about 1½ inches thick; chill. Remove from pan; cut into pieces. Place on greased baking pan or dish. Brush with butter; sprinkle with rest of cheese. Bake at 350°F about 20 minutes, until lightly browned. Yield 6 servings.

## matzo balls

**6 eggs**  
**1 teaspoon salt**  
**1 tablespoon minced parsley**  
**½ cup melted chicken fat or top of chicken soup**  
**⅓ cup hot water**

*dumplings in broth*



## DUMPLINGS

### **1½ cups matzo meal**

Beat eggs lightly; add salt and parsley. Add chicken fat and water. Slowly add matzo meal; mix well. Refrigerate 2 hours. Drop into rapidly boiling water or soup; reduce heat. Cook slowly, uncovered 1 hour. Yield 12 servings.

### **matzo balls, spicy-style**

**2 eggs**

**2 tablespoons shortening or chicken fat or mixed**

**4 to 6 level tablespoons matzo meal**

**Salt**

**Pepper**

**Paprika**

**Ginger**

**Finely chopped parsley**

Cream together eggs and shortening; add matzo meal and spices. Mixture must have forming consistency. Refrigerate 2 hours. Form into small balls. Add balls to boiling soup; let simmer 20 minutes. Yield 20 small balls.

### **semolina dumplings roman-style**

**2 cups milk**

**1 tablespoon butter**

**½ teaspoon salt**

**Pinch of freshly grated nutmeg**

**Ground white pepper to taste**

**½ cup farina (or semolina)**

**2 eggs, beaten**

**½ cup grated Parmesan cheese**

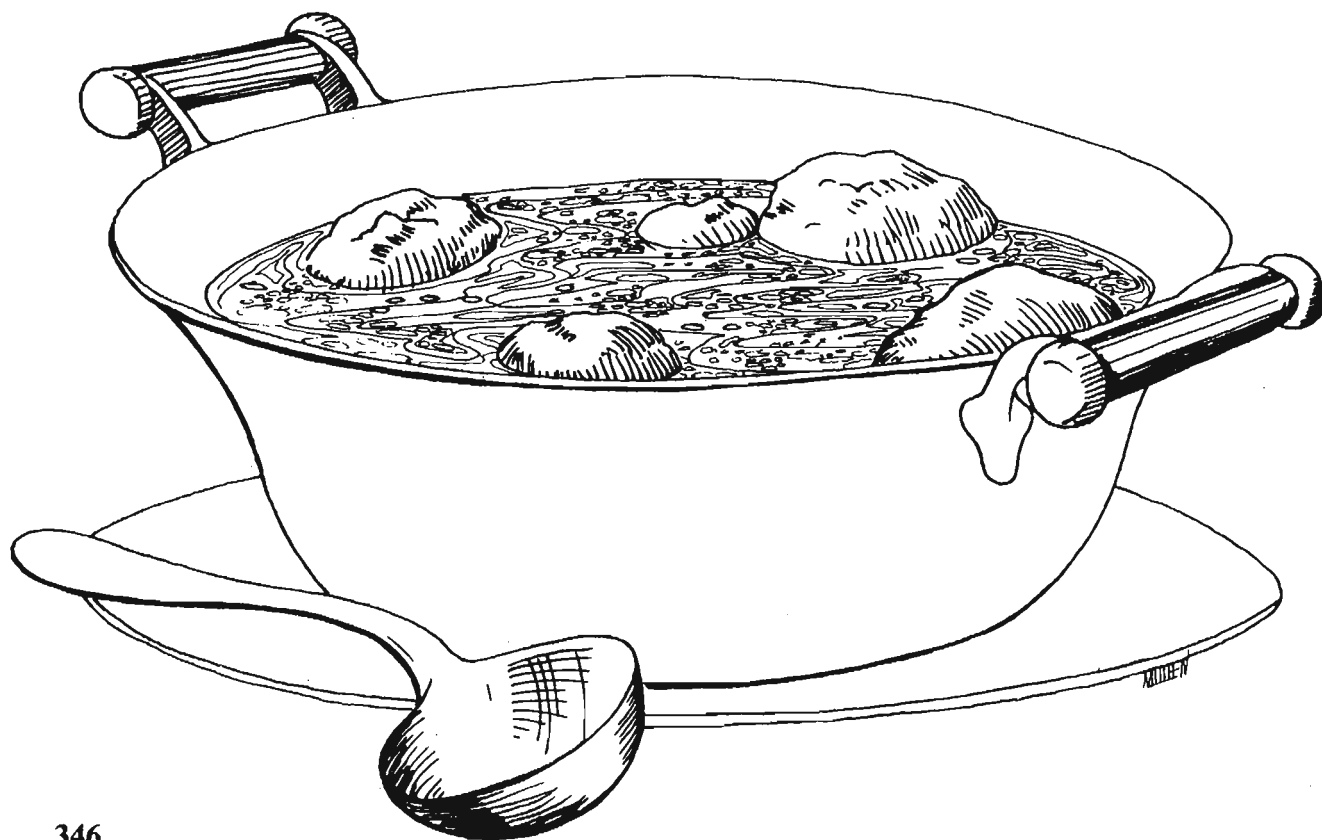
***garnish***

**2 tablespoons melted butter**

**1 tablespoon grated Parmesan cheese**

Butter cookie sheet; set aside.

In heavy saucepan combine milk, butter, salt, nutmeg, and pepper; bring to boil over moderate heat. Slowly add farina; stir constantly. Reduce heat to low; cook until very thick and spoon will stand unsupported in center of pan. Remove from heat. Add eggs and cheese; mix well. Spread on cookie sheet in rectangle ½ inch thick; refrigerate until firm. Cut into rounds about 1½ inches in diameter (or cut into squares or triangles, if you prefer). Arrange in greased casserole or baking dish, slightly overlapping. Drizzle with melted butter; sprinkle with cheese. Bake in preheated 350°F oven 20 minutes; serve hot. Yield 3 or 4 servings.





# EGGS

## EGG VARIETIES

### baked eggs

- 6 eggs
- 1¼ cups milk
- 1 teaspoon salt
- 2 teaspoons sugar (optional)
- 1½ tablespoons flour
- ½ cup finely diced cooked ham (optional)

Beat eggs until light.

Measure milk into 2-cup measure. Add salt, sugar, and flour; mix with eggs. Add ham; pour into buttered baking dish. Bake at 425°F 25 minutes or until center is firm. Yield 4 servings.

### basket eggs

- 1½ pounds lean ground beef
- 1 small onion, chopped fine
- 2 tablespoons catsup
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup milk
- 6 hard-cooked eggs, shelled
- 1 raw egg, beaten
- ⅔ cup cornflake crumbs
- Fat for deep frying

Mix ground beef with onion, catsup, salt, pepper, and milk. When well blended, form into 6 balls. Shape each ball around a hard-cooked egg to completely cover egg, forming oval shape.

*basket eggs*

Brush each meatball with beaten egg; roll each in crumbs until completely covered.

Melt 2-inch deep fat in medium skillet. Fry meatballs, 3 at a time, until crispy brown. (They will not have to be turned if deep fat is used.) Drain; keep hot until all are done.

To serve, cut each meatball in half lengthwise; eggs will be in baskets. Yield 6 servings.

### curried eggs

- 1 medium-size onion, peeled, chopped
- 2 to 3 tablespoons oil
- 2 tablespoons flour
- 1 tablespoon curry powder
- Salt
- 2 cups stock or 1 bouillon cube and 2 cups water
- 1 large apple, peeled, cored, diced
- 1 tablespoon Worcestershire sauce
- 4 hard-boiled eggs
- About 2 cups freshly cooked rice
- Chutney
- 8 red pimiento strips

Sauté onion in oil until soft but not browned. Add flour, curry powder, and a little salt; stir over low heat until mixture forms smooth paste. Add stock gradually; stir until boiling. Add apple and Worcestershire sauce; cover. Simmer gently 15 to 20 minutes. Add eggs; heat through.

Put rice on large platter; arrange eggs and sauce on top. Crisscross pimiento strips over egg; serve with chutney. Yield 4 servings.



## EGGS • EGG VARIETIES

### deviled eggs

- 6 hard-cooked eggs
- ½ teaspoon salt
- ½ teaspoon dry mustard
- ¼ teaspoon pepper
- 3 tablespoons salad dressing, vinegar, or light cream

Cut peeled eggs in half lengthwise. Slip out yolk; mash in small bowl with fork. Mix in seasonings and salad dressing. Fill whites with egg mixture, heaping up highly.

For flavor variation, mix in 2 tablespoons snipped parsley or ½ cup grated cheese. Serve as an appetizer or as a salad. Yield 6 servings.

### eggs benedict

- 6 slices (about 2 ounces each) Canadian bacon
- 1 tablespoon oil or fat, melted
- 3 English muffins, cut in half
- 1 tablespoon butter or margarine
- 6 eggs
- 4 or more cups boiling water
- ½ teaspoon salt

#### Hollandaise or Mock Hollandaise Sauce (see Index)

Fry bacon in oil in frypan; keep warm.

Spread muffin halves with butter; toast under broiler.

Break eggs into saucer one at a time. Slip each egg gently into boiling salted water; water should cover eggs. Reheat to simmering; simmer, covered, until eggs are of desired doneness, about 3 minutes for medium.

Top each muffin half with slice of bacon, then with poached egg. Serve with Hollandaise Sauce over top of egg. Yield 6 servings.

### eggs divan

- 6 hard-cooked eggs
- ¼ cup mayonnaise
- 1 tablespoon instant minced onion
- ¼ teaspoon salt
- 1 (10-ounce) package frozen broccoli spears
- 1 (8-ounce) jar pasteurized process cheese spread or 1 cup Mornay Sauce (see Index)

About 1 hour before serving, halve eggs crosswise; place yolks in small bowl. Mix in mayonnaise, onion, and salt; use to fill egg halves.

Preheat oven to 400°F.

Boil broccoli as label directs; drain. In 10 × 6-inch baking dish arrange broccoli spears in 3 separate piles; place stuffed eggs in between. Spoon cheese generously over broccoli. Bake 10 minutes or until cheese is bubbly. Yield 3 servings.



curried eggs

### eggs florentine-style

- 1 pound fresh spinach
- Pinch of salt
- 3 tablespoons butter or margarine
- cheese sauce
- 3 tablespoons butter
- 3 tablespoons flour
- Salt
- White pepper
- 1 cup hot chicken broth
- ½ cup light cream
- ¼ cup freshly grated Parmesan cheese

#### eggs

- Boiling salted water
- Few drops of white vinegar
- 6 eggs

Wash spinach; remove coarse stems; discard undesirable leaves. Place wet spinach in saucepan with tight-fitting lid; set aside.



Prepare Cheese Sauce. Melt butter in medium saucepan. Add flour, salt, and pepper; cook until bubbly. Add broth and cream; cook until thickened, stirring constantly. Remove from heat; stir in cheese. Keep sauce warm.

Heat 1½ inches salted water to boiling in medium skillet; add few drops of vinegar. Poach eggs in water to desired degree of doneness.

Meanwhile, sprinkle spinach lightly with salt; steam over low heat 5 minutes; drain. Place spinach in warm serving dish.

Remove eggs from skillet with slotted spoon; place on spinach. Pour sauce over eggs and spinach; serve immediately. Yield 3 or 4 servings.

## eggs foo yong

2 tablespoons vegetable oil  
½ cup thinly sliced scallions  
¼ cup finely chopped celery  
1 clove garlic, crushed  
1 cup diced cooked shrimp or pork  
6 eggs  
½ teaspoon salt  
¼ teaspoon pepper  
1 tablespoon soy sauce

Heat oil in wok or frypan. Add scallions, celery, and garlic; stir-fry 2 to 3 minutes. Remove garlic; discard. Add shrimp; stir-fry until shrimp are lightly browned.

Beat eggs with salt, pepper, and soy sauce until frothy. Add to shrimp mixture; stir until blended. Cook over low heat until eggs set. Fold over; slide onto serving plate. Serve at once. Yield 4 servings.



*eggs florentine-style*

*eggs in snow*





## EGGS • EGG VARIETIES

### eggs in snow

2 slices bread

Butter

Nutmeg

2 eggs, separated

Salt and pepper

Grated cheese

Toast bread on 1 side; turn. Toast underside very lightly. Butter lightly toasted side; keep hot.

Add seasoning and pinch of nutmeg to egg whites; beat until stiff. Spread over buttered toast. Make slight indentation in middle; drop in egg yolk. Sprinkle with cheese; put under hot broiler a few minutes, until egg yolk has set. Yield 2 servings.

### eggs scandinavian

6 eggs

3 tablespoons condensed milk

1 teaspoon salt

Dash of pepper

2 dill pickles, sliced or diced

2 tablespoons chives

2 tablespoons chopped dill

8 ounces Danish cheese, diced

3 tablespoons butter

2 tomatoes

1 extra tablespoon chives (garnish)

Mix eggs with milk, salt, and pepper in bowl. Add pickles, chives, dill, and cheese.

Heat butter in large skillet; add egg mixture. Cover; simmer on low heat 10 minutes.

While eggs are cooking, wash, peel, and quarter tomatoes.

When egg mixture has set in middle, place tomatoes on top for decoration; sprinkle with chives. Serve at once. Yield 6 to 8 servings.

### farmer's breakfast

4 medium potatoes

4 strips bacon, cubed

3 eggs

3 tablespoons milk

½ teaspoon salt

1 cup small cubes cooked ham

2 medium tomatoes, peeled

1 tablespoon chopped chives

Boil unpeeled potatoes 30 minutes. Rinse under cold water. Peel; set aside to cool. Slice potatoes.

Cook bacon in large frypan until transparent. Add potatoes; cook until lightly browned.

Meanwhile blend eggs with milk and salt; stir in cubed ham.

Cut tomatoes into thin wedges; add to egg mixture. Pour over potatoes in frypan. Cook until eggs are set. Sprinkle with chives; serve at once. Yield 3 or 4 servings.

*eggs scandinavian*







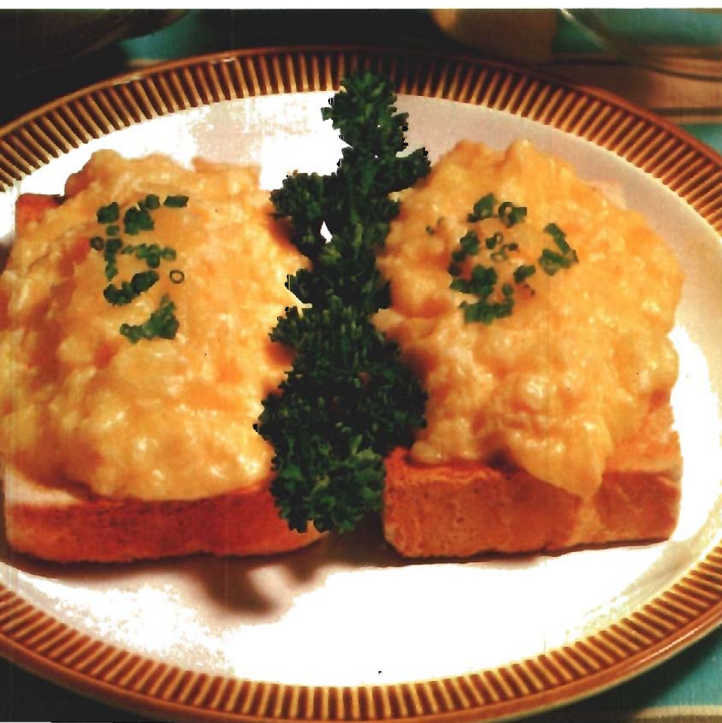
*farmer's breakfast*

## **fried eggs**

In heavy skillet heat butter or bacon drippings to  $\frac{1}{8}$ -inch depth just until hot enough to sizzle a drop of water.

Break each egg into measuring cup or saucer; carefully slip eggs one at a time into skillet. Immediately reduce heat to low. Cook slowly, until egg whites are set and film forms over yolks (sunny-side up); or turn eggs over gently when whites are set and cook until of desired doneness. Yield as desired.

*golden buck*



## **golden buck**

2 tablespoons butter  
 1½ cups grated cheese  
 4 tablespoons beer or ale  
 1 teaspoon Worcestershire sauce  
 1 teaspoon lemon juice  
 Cayenne pepper  
 Pinch of celery salt  
 4 eggs

### **4 slices buttered toast**

Melt butter in small skillet. Add cheese, beer, Worcestershire sauce, lemon juice, and seasoning. Stir over low heat until smooth and creamy.

Beat eggs lightly; stir into mixture. Stir until eggs are lightly set; spoon onto hot toast. Yield 4 servings.

## **mexican scrambled eggs**

8 eggs  
 2 tablespoons milk  
 1 large tomato, peeled, seeded, chopped  
 1 tablespoon chopped green pepper  
 1 tablespoon chopped parsley  
 3 tablespoons butter  
 ½ cup chopped ham  
 2 tablespoons chopped chives

Beat eggs in mixing bowl with milk. Add tomato, green pepper, and parsley; stir well to combine.

Melt butter over low heat in large, heavy skillet; sauté ham 3 minutes. Pour in egg mixture; cook, stirring frequently with spatula, until set. Sprinkle with chives. Serve with hot buttered tortillas for brunch. Yield 4 servings.





*mexican scrambled eggs*

## poached eggs

In saucepan or skillet heat water to boiling; reduce to simmer.

Break each egg into measuring cup or saucer; slip eggs one at a time into water, holding cup or saucer close to water's surface. Cook 3 to 5 minutes. Lift eggs from water with slotted spatula. Serve on buttered toast. Season with salt and pepper. Yield as desired.

## polish eggs in the shell

**4 hard-cooked eggs in shells**

**½ bunch parsley, chopped fine**

**3 tablespoons butter**

**1 teaspoon salt**

**1 teaspoon paprika**

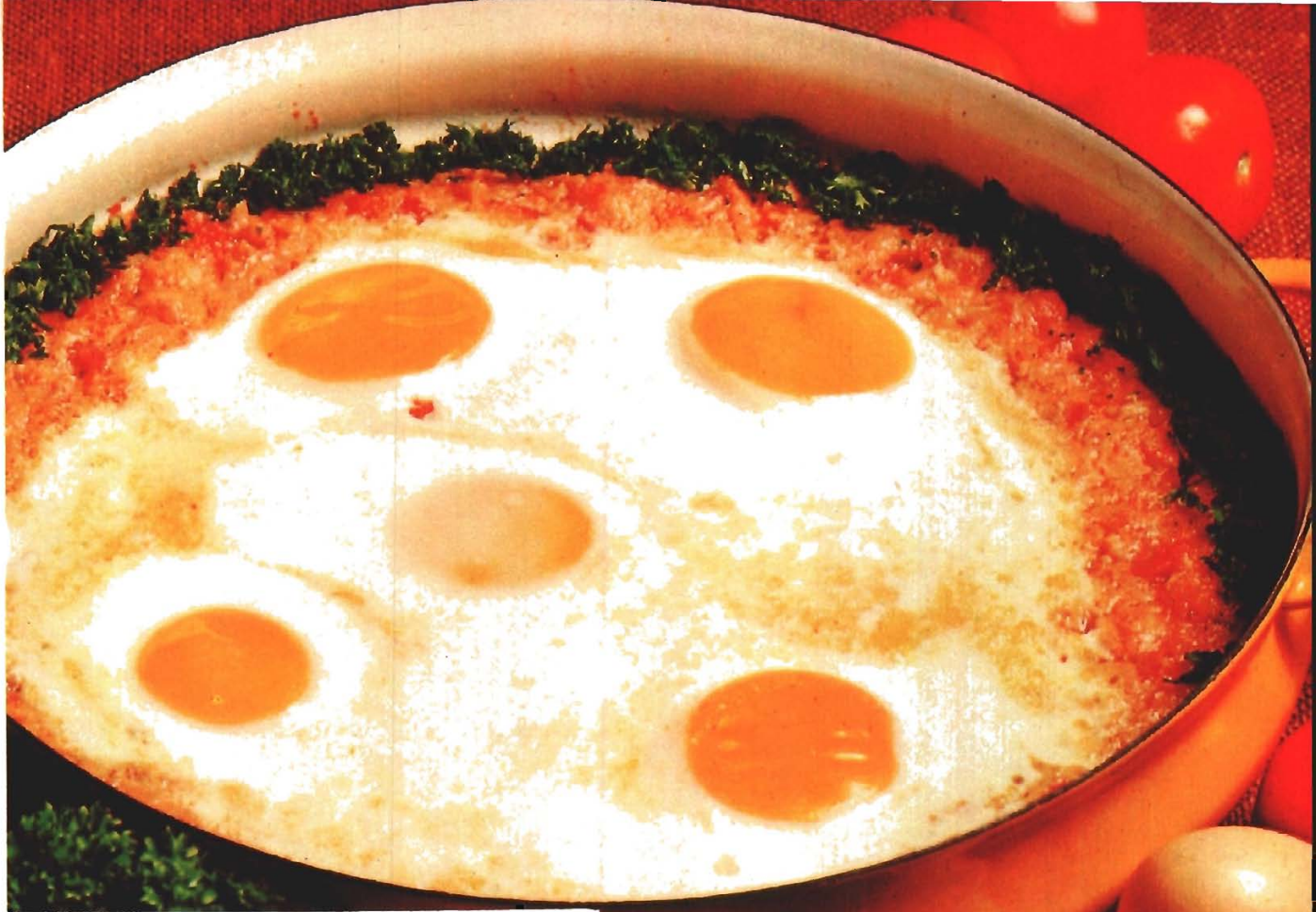
**¼ cup shredded Muenster cheese**

Cut eggs in half with large, sharp knife. Scoop eggs out of shells; save shells. Chop egg whites fine; mash yolks fine with fork. Combine chopped eggs, parsley, butter, salt, and paprika; mix well. Refill egg shells with egg mixture; sprinkle with cheese. Bake 10 minutes at 400°F or until cheese melts and browns. Yield 4 servings.

*polish eggs in the shell*







*spanish eggs*

## scrambled eggs

**2 eggs**  
**2 tablespoons milk or cream**  
**¼ teaspoon salt**  
**Dash of pepper**  
**½ tablespoon butter**

Break eggs into bowl with milk, salt, and pepper. Mix with fork, stirring thoroughly for uniform yellow, or mixing just slightly if streaks of white and yellow are preferred.

Heat butter in skillet over medium heat until just hot enough to sizzle a drop of water. Pour egg mixture into skillet. As mixture begins to set at bottom and side, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Avoid constant stirring. Cook until eggs are thickened throughout but still moist, about 3 to 5 minutes. Yield 1 serving.

### *variations*

To egg mixture you can add grated cheese, finely chopped sautéed onions, chopped tomatoes, or chopped green peppers.

## scrambled eggs with oysters

**6 eggs**  
**Dash of Tabasco**  
**2 tablespoons butter**  
**1 teaspoon anchovy paste**

**1 can oysters, drained, chopped**  
**Freshly ground black pepper**  
**1 tablespoon finely chopped parsley**  
**Croutons of fried bread**

Whisk eggs very lightly with Tabasco (avoid over-beating).

Put butter and anchovy paste into small skillet; when hot, pour in eggs. Stir until just beginning to set; add oysters. Season with salt and pepper. Finish scrambling eggs; avoid over-cooking. Put onto hot serving dishes; sprinkle with parsley. Serve with croutons or with toast. Yield 4 servings.

## spanish eggs

**2 cups Basic Beef Stock (see Index)**  
**3 large tomatoes**  
**¼ cup butter**  
**1 cup finely diced lean pork**

## EGGS • EGG VARIETIES

**2 cups finely diced ham**  
**½ cup minced onion**  
**¼ cup all-purpose flour**  
**Salt and freshly ground pepper to taste**  
**5 eggs**

Pour stock into small, heavy saucepan; simmer until reduced by half.

Skin tomatoes; scoop out all seeds with spoon. Chop pulp coarsely.

Melt butter in heavy saucepan; add pork, ham, and onion. Cook over low heat, stirring constantly, until lightly browned.

Combine enough stock with flour to make smooth, thin paste; stir paste into ham mixture. Add remaining stock and tomatoes; blend thoroughly. Add seasonings; simmer until thickened and heated through, stirring frequently. Pour into greased casserole; spread mixture evenly.

Break eggs carefully into casserole, spacing them decoratively; sprinkle lightly with salt. Bake, covered, in preheated 350°F oven about 20 minutes, until eggs are set. Garnish with finely chopped parsley, if desired. Yield 5 servings.

### stuffed eggs mexican-style

**8 hard-cooked eggs, chilled**  
**1 tablespoon grated onion**  
**1 tablespoon finely minced green pepper**  
**¼ teaspoon chili powder**  
**¼ teaspoon salt**  
**2 to 3 dashes Tabasco**  
**2 teaspoons lemon juice**  
**1 tablespoon olive oil**  
**16 small shrimp, cooked, peeled, deveined**  
**Parsley**  
**Lettuce**

Cut eggs in half lengthwise; remove yolks. Mash yolks with onion, pepper, chili powder, salt, Tabasco, lemon juice, and oil. Stuff egg whites with egg-yolk mixture; garnish each egg with a shrimp and a tiny sprig of parsley. Place on plate surrounded by fresh green lettuce; refrigerate until serving time. Yield 4 or more servings.

## OMELETS

### alfalfa-sprout omelet

**1 cup alfalfa sprouts**  
**2 to 3 tablespoons butter or margarine**  
**4 eggs, beaten**  
**2 tablespoons water**  
**¼ teaspoon salt**  
**Pepper**

Sauté sprouts in butter 2 minutes; remove.

Blend eggs, water, salt, and pepper in bowl.

Clean out skillet with paper towel; heat. Add more butter to pan if necessary. Pour eggs into skillet; cook slowly, running spatula around edge to allow uncooked portion to flow underneath. Sprinkle sprouts on top of cooked eggs. Fold over; turn onto platter. Yield 2 or 3 servings.

### bacon and potato omelet

**3 slices bacon, cut into small pieces**  
**2 small potatoes, peeled, sliced**  
**8 fresh spinach leaves, stems removed, sliced into ¼-inch slices**  
**6 eggs, lightly beaten with fork**  
**½ cup yogurt**  
**Salt and pepper to taste**

Heat bacon briefly in 10-inch skillet. Add potatoes; fry until bacon is crisp and potatoes lightly browned. Add spinach; remove mixture to small bowl.

Combine eggs, yogurt, salt, and pepper; pour into skillet. Distribute potato mixture evenly over them; cook over low heat without stirring. As eggs set on bottom, lift edges; let uncooked mixture run underneath. When omelet is set, fold with fork; serve immediately. Yield 3 servings.

### basic omelet and fillings

**2 eggs**  
**2 tablespoons water**  
**¼ teaspoon salt**  
**Dash of pepper**  
**1 tablespoon butter**

In small bowl mix eggs, water, salt, and pepper with fork.

Heat butter in 8-inch omelet pan until just hot enough to sizzle a drop of water; pour in egg mixture. Mixture should start to set immediately. With pancake turner draw cooked portions from edge toward center, so uncooked portions flow to bottom. Tilt pan while doing this; slide pan back and forth over heat to keep mixture from sticking. Add filling, if desired. While top is still moist and creamy-looking, fold in half or roll with pancake turner. Turn out onto plate with quick flip of the wrist. Omelets will take about 2 minutes from start to finish. Yield 1 serving.

#### *omelet fillings*

**cheese:** 1 to 2 tablespoons grated Swiss or Parmesan cheese

**herbs:** 1 tablespoon minced fresh herbs, such as parsley, chives, or tarragon

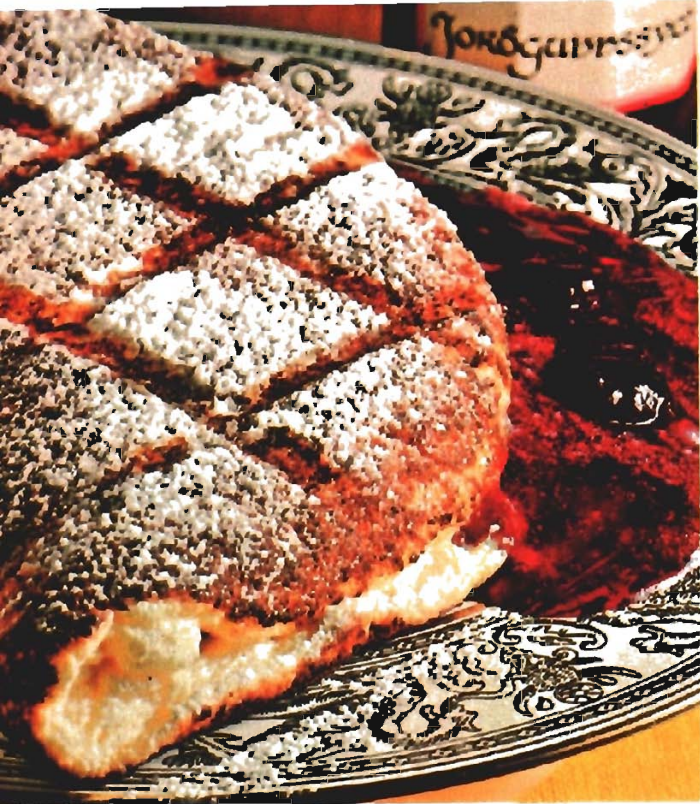
**other fillings:** 2 to 3 tablespoons sautéed ham or chicken livers, cooked shrimp or crab, cooked asparagus tips, raw sliced mushrooms, sour cream.





*bacon and potato omelet*





*jam omelet*

## jam omelet

- 3 eggs, separated
- 1½ teaspoons sugar
- 1½ teaspoons half-and-half cream
- 2 tablespoons butter
- ¾ cup strawberry jam, heated
- 2 teaspoons confectioners' sugar

Combine egg yolks, sugar, and cream in small bowl; beat until lemon-colored.

Beat egg whites until stiff peaks form; fold in egg-yolk mixture slowly.

Melt butter in skillet. Add egg mixture; spread over skillet with spoon. Cover; cook over low heat. Remove skillet from heat occasionally, if needed, until omelet is cooked through. Broil in oven about 8 inches from source of heat until lightly browned. Spread jam on half the omelet; fold remaining omelet over jam. Lightly score top of omelet with knife; sprinkle confectioners' sugar over top. Yield about 4 servings.

## mushroom omelet chinese-style

- 2 tablespoons butter
- ¼ cup sliced mushrooms
- ¼ cup finely chopped onions
- 6 eggs
- Salt and pepper
- Lettuce or parsley for garnish

Melt butter in wok or skillet; stir-fry mushrooms and onions over very low heat. (Butter will burn if heated over 225°F.) Remove; set aside.

Beat eggs with salt and pepper. Pour into wok; heat slowly. Lift up edges of eggs as they become

set on bottom; let uncooked egg run under. Cook until golden brown on bottom and creamy on top. Place mushrooms and onions in center; roll onto plate. Garnish with lettuce or parsley; serve at once. Yield 4 servings.

## spanish omelet

### sauce

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 clove garlic, peeled, chopped
- 2 green peppers, cleaned, seeded, cut into strips
- 1 red pepper, cleaned, seeded, cut into strips
- 1 (8-ounce) can tomato sauce
- 2 tablespoons dry sherry
- ½ teaspoon chili powder

### omelets

- 2 tablespoons butter
- 6 eggs

Make sauce. Heat oil in saucepan or skillet. Add onion, garlic, and peppers; cook until wilted. Add tomato sauce, sherry, and chili powder; keep warm while making omelets.

In 8-inch skillet or omelet pan heat 1 tablespoon butter over medium heat until it starts to brown. Tilt pan in all directions to coat with butter.

Meanwhile, beat 3 eggs with fork until yolks and whites are well-blended. Pour into skillet; cook over medium heat until set. Fold omelet; place on warm serving dish. Repeat procedure with remaining eggs and butter. Serve topped with sauce. Yield 4 to 6 servings.

*spanish omelet*





## spinach-veal omelet

1 (10-ounce) package frozen spinach

1 tablespoon lemon juice

6 eggs

$\frac{3}{4}$  cup freshly grated Parmesan cheese

$\frac{1}{2}$  cup ground veal

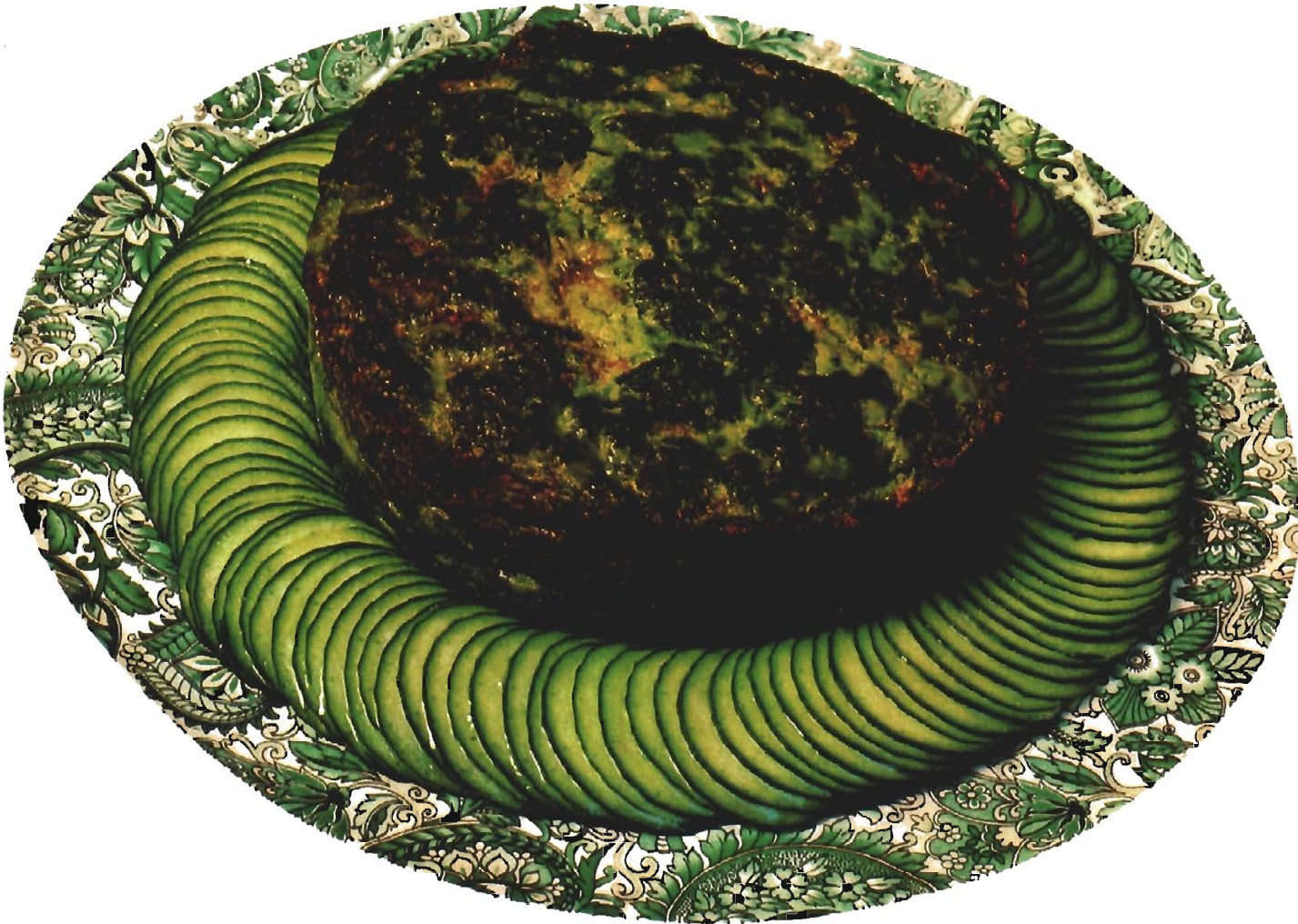
$\frac{1}{2}$  teaspoon salt

$\frac{1}{8}$  teaspoon white pepper

Cook spinach according to package directions.

Drain; squeeze dry. Place in blender or food processor container with lemon juice; puree.

Place eggs in medium-size bowl; whip with wire whisk until well blended. Add spinach and remaining ingredients; stir until mixed. Turn into generously buttered 6-inch soufflé dish. Place in preheated 300°F oven on center shelf. Bake 1 hour; turn out onto heated platter. Garnish with thinly sliced cucumber rings, if desired. Yield 4 servings.



*spinach-veal omelet*

# FILLINGS

## basic custard cream filling

$\frac{3}{4}$  cup sugar  
 $\frac{1}{3}$  cup cornstarch  
 $\frac{1}{4}$  teaspoon salt  
4 egg yolks, lightly beaten  
2 cups scalded milk  
1 teaspoon vanilla extract  
2 tablespoons butter

Mix sugar, cornstarch, and salt together; stir in egg yolks. Add enough hot milk to make thin paste. Add to remaining hot milk; cook in double boiler 5 minutes, stirring constantly. Reduce heat; cook 10 minutes or until mixture has thickened, stirring frequently. Remove from stove. Add vanilla and butter; let cool. Yield  $2\frac{1}{4}$  cups.

### *butterscotch cream filling*

Use  $\frac{1}{2}$  cup firmly packed brown sugar instead of granulated sugar.

### *chocolate cream filling*

Heat 2 squares baking chocolate with milk; when melted, beat with rotary beater until smooth. Increase sugar to 1 cup.

### *coconut cream filling*

Add  $\frac{1}{2}$  cup shredded coconut.

### *cream custard filling*

Fold  $\frac{1}{2}$  cup whipped cream into cooled filling.

### *pineapple cream filling*

Add  $\frac{1}{2}$  cup crushed pineapple to cooled filling; add 1 teaspoon lemon juice instead of vanilla.

## lemon cream filling

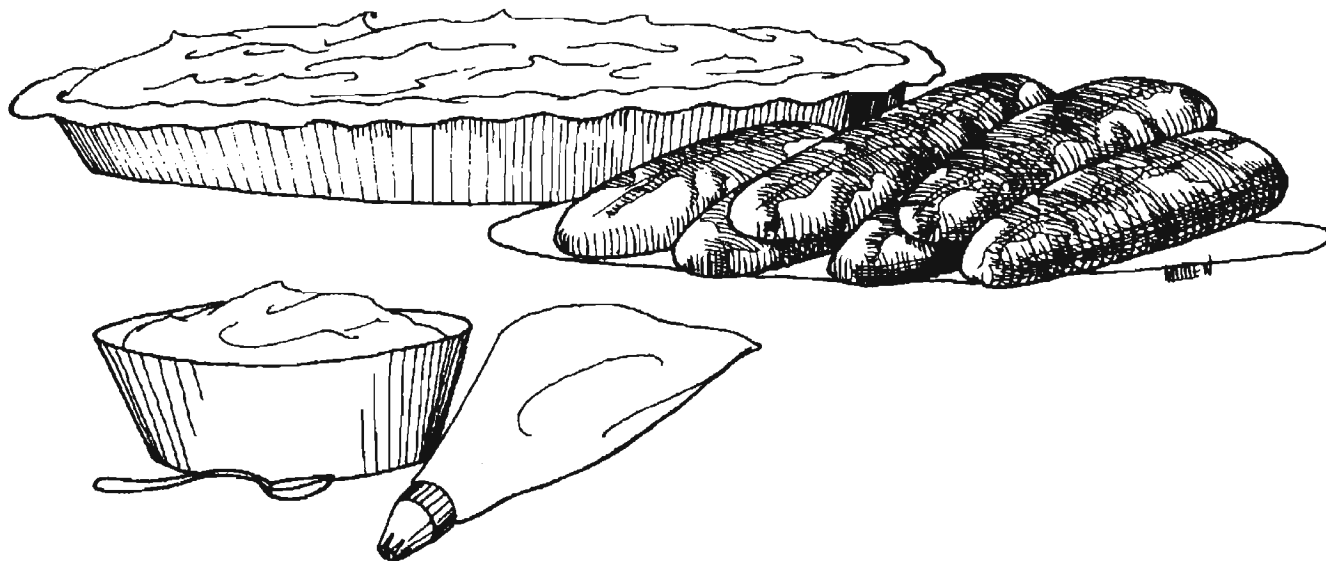
$\frac{3}{4}$  cup sugar  
2 tablespoons cornstarch  
Pinch of salt  
1 egg yolk, beaten  
 $\frac{3}{4}$  cup water  
3 tablespoons lemon juice  
1 teaspoon grated lemon rind  
1 tablespoon butter

Put sugar, cornstarch, and salt in top of double boiler; add egg yolk, water, and lemon juice. Cook over boiling water 5 minutes; stirring constantly. Reduce heat; cook 10 minutes or until mixture is thick, stirring frequently. Remove from stove. Add lemon rind and butter; let cool. Yield enough for 2 (9-inch) layers or 1 sponge roll.

## prune filling

2 eggs, beaten  
 $\frac{3}{4}$  cup sugar  
 $\frac{1}{2}$  cup sour cream  
1 cup chopped cooked prunes  
1 teaspoon grated lemon rind  
1 teaspoon vanilla extract

Put eggs, sugar, sour cream, and prunes in top of double boiler; cook about 20 minutes, until quite thick, stirring constantly. Remove from stove. Add lemon rind and vanilla; let cool. Yield enough for 2 (9-inch) plain sponge layers.





## BLUEFISH

### baked bluefish

Place fillets into large pot cold water with about 3 tablespoons lemon juice. Cover pot; place in refrigerator overnight. This draws oil out of bluefish. Bluefish tend to taste oily, so it is important to do this before baking.

**2 pounds bluefish fillets**

**½ cup milk**

**Salt and pepper**

**1 cup dried bread crumbs**

**¼ pound butter**

**2 tablespoons lemon juice**

**Seafood seasoning to taste (about ½ cup)**

Heat oven to 500°F.

Dip fillets in milk; lightly salt and pepper. Dip into bread crumbs. Place ½ teaspoon butter on each fillet; sprinkle with lemon juice. Sprinkle with seafood seasoning. Place in well-buttered pan. Bake uncovered 10 to 12 minutes, until fish flakes easily. Yield 6 servings.

### delmarvelous bluefish

**2 pounds bluefish or other fillets, fresh or frozen**

**1 teaspoon salt**

**¼ teaspoon pepper**

**⅓ cup melted butter or margarine**

**3 tablespoons lemon juice**

**½ teaspoon thyme**

Thaw fish if frozen. Cut into serving-size portions. Sprinkle with salt and pepper. Put into well-greased 2-quart baking dish.

Combine butter, lemon juice, and thyme; pour over fish. Bake in 350°F oven 15 to 20 minutes, until fish flakes easily. Serve with Mustard Sauce. Yield 6 servings.

#### *mustard sauce*

**¼ cup butter or margarine**

**3 tablespoons all-purpose flour**

**1½ tablespoons dry mustard**

**½ teaspoon salt**

**¼ teaspoon liquid hot pepper sauce**

**2 cups half-and-half cream**

**1 egg yolk, beaten**

Melt butter in saucepan. Blend in flour, mustard, salt, and pepper sauce. Gradually stir in half-and-half. Cook until thickened; stir constantly.

Add a little hot sauce to egg yolk; add to remaining sauce, stirring constantly. Heat until thickened. Serve over fish. Yield about 2 cups.

## FISH BUTTERFISH

### butterfish in sour cream

**2 pounds butterfish, dressed**

**Salt and pepper to taste**

**½ teaspoon salt**

**¾ cup flour**

**1 egg, beaten**

**½ cup milk**

**1 tablespoon melted butter or margarine**

**Fat for deep frying**

**1 cup sour cream**

**1 tablespoon chopped parsley**

**1 tablespoon minced green onion**

**1 tablespoon lemon juice**

Season fish with salt and pepper.

In bowl mix ½ teaspoon salt, flour, egg, milk, and butter to form batter. Dip fish in batter to coat thoroughly.

Fry fish in large skillet in hot, deep fat until golden brown all over. Drain; set on hot platter.

In saucepan combine sour cream, parsley, onion, and lemon juice until just hot. Serve over fish. Yield 4 to 6 servings.

## CATFISH

### cajun catfish

**6 skinned, pan-dressed catfish or other fish, fresh or frozen**

**½ cup tomato sauce**

**2 (¾-ounce) packages cheese-garlic salad-dressing mix**

**2 tablespoons melted fat or oil**

**2 tablespoons chopped parsley**

**2 tablespoons grated Parmesan cheese**

Thaw frozen fish. Clean, wash, and dry fish.

Combine remaining ingredients except cheese. Brush fish inside and out with sauce. Place in well-greased baking dish, 13 × 9 × 2 inches. Brush with remaining sauce; sprinkle with cheese. Let stand 30 minutes. Bake in 350°F oven 25 to 35 minutes, until fish flakes easily. Turn oven control to broil. Place fish about 3 inches from source of heat; broil 1 to 2 minutes, until crisp and lightly browned. Yield 6 servings.

### saucy broiled catfish

**6 skinned, pan-dressed catfish or other fish, fresh or frozen**

**1 cup melted fat or oil**

**¼ cup chopped parsley**

**2 tablespoons catsup**

**2 tablespoons wine vinegar**

## FISH • COD

- 2 cloves garlic, finely chopped
- 2 teaspoons basil
- 1 teaspoon salt
- ¼ teaspoon pepper

Thaw frozen fish. Clean, wash, and dry fish. Place in single layer in shallow baking dish.

Combine remaining ingredients. Pour sauce over fish; let stand 30 minutes, turning once. Remove fish; reserve sauce for basting. Place fish on well-greased broiler pan; brush with sauce. Broil about 3 inches from source of heat 5 to 7 minutes, until lightly browned; baste twice. Turn carefully; brush other side with sauce. Broil 5 to 7 minutes, basting occasionally, until fish is brown and flakes easily. Yield 6 servings.

## COD

### baked cod

- 1 dressed fresh cod (scrod), about 2 pounds
- 3 lemons
- 4 tomatoes, sliced
- 1 pound whole mushrooms
- ½ teaspoon salt
- ⅓ teaspoon pepper
- ½ teaspoon marjoram
- ½ teaspoon thyme
- 1 bay leaf
- 1 large onion, cut into rings
- 3 tablespoons vegetable oil

Wash fish; pat dry. Place in baking dish; sprinkle with juice of 1 lemon. Garnish with tomatoes and remaining lemons (sliced).

Wash mushrooms; place around fish. Season with salt and pepper; add marjoram, thyme, and bay leaf. Add onion; sprinkle with oil. Bake, covered (foil or lid), 15 minutes in preheated 325°F oven. Remove cover; and cook 10 to 15 minutes, until fish flakes. Yield 4 servings.

### cod fillets in shrimp sauce

- 4 cod fillets, about 6 ounces each
- Juice of 1 lemon
- Salt
- White pepper
- 2 tablespoons butter or margarine
- 1 medium onion, sliced
- 2 tablespoons chopped parsley
- ½ cup dry white wine

#### *shrimp sauce*

- 2 tablespoons butter or margarine
- 1½ tablespoons flour
- 1 cup hot beef broth
- ½ cup dry white wine
- 6 ounces fresh mushrooms, thinly sliced
- 4 ounces fresh shrimp
- 2 teaspoons lemon juice
- Salt
- 2 egg yolks

#### *garnish*

- Lemon slices
- Parsley

Sprinkle cod with lemon juice; let stand 10 minutes. Season to taste with salt and pepper.

*cod fillets in shrimp sauce*





Heat butter in large skillet. Add fish; brown well, about 10 minutes on each side. Add onion; cook until golden. Stir in parsley. Pour in wine; simmer 5 minutes. Remove fillets to preheated platter; keep warm. Reserve pan drippings.

Prepare sauce. Melt butter in saucepan. Stir in flour; pour in broth and reserved pan drippings. Add wine; let simmer over low heat. Add mushrooms and shrimp; simmer 15 minutes. Season to taste with lemon juice and salt. Remove small amount of sauce; blend with egg yolks. Return to sauce; stir thoroughly. Heat through but do not boil; yolks will curdle. Pour over cod; garnish with lemon slices and parsley. Yield 4 servings.

## **cod and oyster scallop**

**1 pound cod or other fish fillets, fresh or frozen**  
**1 pint oysters, drained, fresh or frozen**  
**½ cup butter or margarine**  
**2 tablespoons finely chopped onion**  
**¼ teaspoon liquid hot pepper sauce**  
**3 cups crushed saltine crackers**  
**2 tablespoons chopped parsley**  
**¼ teaspoon salt**  
**⅛ teaspoon pepper**  
**1 cup half-and-half cream**

Thaw fish and oysters if frozen. Cut fish into 1-inch cubes.

Melt butter in saucepan. Add onion; cook until tender. Stir in pepper sauce.

Combine onion, crackers and parsley. Place ⅓ of crumb mixture in bottom of well-greased 1½-quart casserole. Place ½ fish and oysters on crumb mixture. Sprinkle with ½ the salt and pepper. Repeat layers; end with crumb mixture. Pour cream over contents in dish. Bake in 400°F oven 25 to 30 minutes, until fish flakes easily. Yield 6 servings.

## **coddies**

**¼ pound butter or margarine**  
**3 medium potatoes, cooked, mashed**  
**3 eggs, beaten**  
**1 medium onion, finely chopped**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**1 tablespoon chopped parsley**  
**3 (15-ounce) cans codfish**  
**Fat for deep frying**

Add butter to potatoes while still hot. Add eggs, onion, salt, pepper, parsley, and fish; mix well. Let stand at least 1 hour.

Shape coddies into 2-inch cakes.

Heat fat in medium-size skillet. Fry coddies until brown and crisp; drain on paper towels. Serve on saltine crackers with plenty of mustard. Yield 4 to 6 servings.



*coddies*

## **fish steaks in foil**

**6 cod steaks (½ pound each) or any suitable whitefish**  
**Salt and pepper**  
**6 small lemons**  
**½ cup butter, melted**  
**6 tablespoons dry white wine**  
**1 clove garlic, crushed**  
**2 tablespoons chopped parsley**

Season fish with salt and pepper.

Peel lemons; remove all white pith. Cut into thin slices. Arrange half of slices down center of each foil square. Place a fish steak on top; cover with rest of lemon slices.

Mix butter with wine, garlic, and parsley; spoon over fish. Fold over foil; seal each parcel as securely as possible. Cook on hot coals or in 375°F oven; allow about 20 minutes. Serve in foil with Tartar Sauce (see Index). Yield 6 servings.

## **poached cod with lemon sauce**

**1½ pounds cod fillets**  
**Seasoned salt and pepper**  
**1 tablespoon lemon juice**  
**2 shallots, peeled, chopped**  
**¼ cup white wine**  
**1 tablespoon butter or margarine**

### *lemon sauce*

**1 tablespoon butter or margarine**  
**¾ cup mayonnaisse**  
**Juice of ½ lemon**  
**½ teaspoon dry mustard**  
**½ teaspoon salt**  
**½ tablespoon capers, drained, chopped**



#### *fish steaks in foil*

Wash fish; pat dry. Sprinkle with salt, pepper, and 1 tablespoon lemon juice. Place in small, greased casserole dish. Sprinkle with shallots; pour wine over all. Dot with 1 tablespoon butter; cover. Bake at 350°F 20 to 25 minutes, until fish flakes easily.

Meanwhile, melt 1 tablespoon butter in top of double boiler. Add remaining sauce ingredients except capers. Cook, stirring constantly, over simmering water until heated through. Stir in capers.

Place fish on heated platter; top with sauce. Serve immediately, garnished with lemon slices. Yield 4 servings.

### **steamed cod fillets with special lemon mayonnaise**

#### **Butter**

4 cod fillets, fresh or frozen

Salt to taste

1 recipe Special Lemon Mayonnaise (see Index)

Grease perforated base of steamer pan with butter; place cod (thawed, if frozen) on buttered surface. Cover pan. Pour enough boiling water into bottom pan to fill ½ full. Place perforated pan over bottom pan; steam about 15 minutes, until cod flakes easily. Remove cod; cool. Remove skin and bones; season with salt. Place fillets on serving platter; spoon mayonnaise around fillets. Garnish with lemon slices and cloves. Yield 4 servings.

## **FLOUNDER**

### **fillet of flounder**

1½ pounds fillets of flounder

Salt and pepper

¾ cup fine bread crumbs

1 egg

Butter or oil

Wipe fillets with cold, damp cloth; sprinkle with salt and pepper. Dip in crumbs, then in slightly beaten egg, diluted with water, and again in crumbs. Cook in small amount butter in frying pan 8 to 10 minutes, until brown on both sides. Garnish with lemon and parsley; serve with Tartar Sauce (see Index). Yield 4 servings.

### **flounder creole**

2 tablespoons butter or margarine

¼ cup chopped onion

¼ cup chopped green pepper

¼ pound mushrooms, sliced

1 (1-pound) can tomatoes, drained

2 tablespoons lemon juice

¼ teaspoon dried leaf tarragon

1 bay leaf

¼ teaspoon Tabasco sauce

½ teaspoon salt

1 pound flounder fillets

Melt butter in large skillet. Add onion and pepper; cook until tender. Add mushrooms; cook 3 minutes. Add tomatoes, lemon juice, tarragon, bay leaf, Tabasco, and salt. Cover; simmer 20 minutes. Add flounder fillets; cover. Simmer 5 to 10 minutes, until fish flakes easily. Yield 3 or 4 servings.

### **flounder grenoble**

5 tablespoons vegetable oil

1½ cups tiny cubes of white bread

6 (1-inch thick) flounder or sole fillets, folded in half

Salt and pepper





*steamed cod fillets with special lemon mayonnaise*

**½ cup flour**  
**4 to 6 tablespoons sweet butter**  
**4 tablespoons lemon juice**  
**2 large lemons, peeled, cut into ½-inch cubes**  
**4 tablespoons tiny capers, drained**  
**2 tablespoons butter**  
**2 tablespoons chopped parsley**

Place 3 tablespoons oil in skillet; add bread cubes. Turn cubes over and over until evenly browned. Drain in sieve; set aside.

Season fillets with salt and pepper; dip in flour so all sides are well coated. Shake off excess.

Heat sweet butter and remaining oil in heavy skillet. When very hot, add fish; be sure each fillet lies flat and does not overlap. Cook over medium to high heat about 5 minutes. With wide spatula turn fish over; cook about 5 minutes. Fish should be brown and crusty on both sides. Arrange fish on warm serving platter with nicest sides showing. Sprinkle lemon juice, croutons, lemon cubes, and capers over fish; keep warm.

Melt 2 tablespoons butter in clean saucepan until it takes on hazelnut color *beurre noisette*; pour on fish. Sprinkle with parsley; serve immediately. Yield 6 servings.

## **flounder a l'orange**

**1 teaspoon salt**  
**Dash of pepper**  
**2 tablespoons orange juice**  
**1 teaspoon grated orange rind**  
**2 tablespoons vegetable oil**  
**1½ pounds flounder fillets, cut into serving pieces**  
**⅛ teaspoon nutmeg**

Combine salt, pepper, juice, rind, and oil.

Place fish in oiled shallow pan; pour sauce on fish. Sprinkle with nutmeg. Bake in preheated 350°F oven 20 to 30 minutes. Yield 4 to 6 servings.

## **flounder with oyster sauce**

**1 small onion, peeled, chopped**  
**1 carrot, peeled, chopped**  
**1½ cups dry white wine**  
**Salt**  
**Peppercorns**  
**1 bay leaf**  
**1½ pounds flounder fillets**  
**1½ tablespoons butter or margarine**  
**1½ tablespoons flour**

## FISH • FLOUNDER

- ½ cup heavy cream
- Paprika to taste
- 1½ dozen fresh oysters
- ½ cup white seeded grapes

Put onion and carrot into pan with wine. Add a little salt, about 6 peppercorns, and bay leaf; simmer 15 minutes. Add fish; poach gently 7 to 10 minutes. Remove fish carefully; drain. Arrange in shallow casserole.

Strain fish liquid; if less than 1 cup, make up difference with wine.

Heat butter; stir into flour. Cook 1 minute. Add fish liquid. Whisk until smooth. Add cream and paprika; stir over low heat until sauce is thick. Add oysters; adjust seasoning. Pour over fish. Arrange grapes on top; cover. Bake in preheated 350°F oven about 20 minutes. Yield 4 servings.

### flounder in wine sauce

- 2 pounds flounder or other fish fillets, fresh or frozen
- 2 teaspoons salt
- Pepper
- 3 tomatoes, sliced
- 2 tablespoons flour
- 2 tablespoons butter or margarine, melted
- ½ cup skim milk
- ⅓ cup dry white wine
- ½ teaspoon crushed basil
- Chopped parsley

Thaw frozen fillets. Skin fillets; sprinkle both sides with 1½ teaspoons salt and dash of pepper. Place in single layer in greased baking dish, 12 × 8 × 2 inches. Arrange tomatoes over fillets. Sprinkle with ½ teaspoon salt and dash of pepper.

Blend flour into butter; add milk gradually. Cook until thick and smooth; stir constantly. Remove from heat; stir in wine and basil. Pour sauce over tomatoes. Bake in 350°F oven 25 to 30 minutes, until fish flakes easily. Sprinkle with parsley. Yield 6 servings.

## HADDOCK

### creamed haddock and mushrooms

- ⅔ cup canned sliced mushrooms
- 2 tablespoons butter
- 4 tablespoons flour
- ½ teaspoon salt
- Few grains pepper
- 2 cups milk
- 2 cups flaked, cooked haddock
- 1 tablespoon chopped parsley

Saute mushrooms in butter until golden brown. Add flour, salt, pepper, and milk. Cook until

thick; stir constantly. Add haddock and parsley; heat through. Yield 6 servings.

### haddock chanticleer

- 2 pounds haddock fillets, skinned
- Salt
- Freshly ground black pepper
- ½ cup olive oil
- 2 tablespoons lemon juice
- ¼ cup chopped shallots or white part of scallion
- ¼ cup chopped parsley
- 4 tablespoons Dijon-type mustard
- ⅓ cup grated Gruyere cheese
- ½ cup fresh bread crumbs
- 1 teaspoon tarragon, thyme, and rosemary combined
- 1½ tablespoons butter

Wash and dry fish; season both sides with salt and pepper. Marinate in olive oil, lemon juice, shallots, and parsley 4 to 5 hours.

Place fish in buttered baking dish; coat top with mustard. Sprinkle cheese on top, then crumbs that have been combined with herbs. Dot all over with butter. Bake at 425°F 10 to 15 minutes, until fish is nearly cooked through. Run quickly under broiler to brown surface. Yield 4 to 6 servings.

### haddock kedgeriee

- ¼ cup butter
- 1 pound cooked smoked haddock, flaked
- 2 cups cooked rice
- 3 hard-boiled eggs
- Salt and pepper
- Lemon juice
- 5 to 6 slices hot buttered toast

Melt butter in pan. Add fish; sauté 2 to 3 minutes. Add rice, 2 eggs (chopped), salt as desired, pepper, and a good squeeze of lemon juice. Stir over heat a few minutes. Arrange on toast.

Slice remaining egg; use for garnish. Yield 5 or 6 servings.

### poached haddock with mussels

- 2 pounds haddock, cod, or other thick fillets, fresh or frozen
- 4 pounds (about 4 dozen) mussels in shells (clams can be substituted)
- 1 cup dry white wine
- 1 cup water
- 1 small onion, sliced
- ½ teaspoon salt
- ½ cup whipping cream
- ¼ cup butter or margarine
- Dash of white pepper





#### *haddock keageree*

**Dash of nutmeg**

**2 tablespoons chopped parsley**

**Parslied potatoes**

**1 cup each zucchini, carrots, and celery, cut julienne style**

**Butter or margarine for cooking vegetables**

Thaw fillets if frozen; cut into serving-size portions.

Clean mussels in cold water. Scrub shells with stiff brush; rinse thoroughly several times.

Combine wine, water, and onion in large pan; bring to simmering stage. Add mussels. Cover; steam about 5 minutes, until shells open. Remove mussels from shells; set aside.

Strain cooking liquid into large skillet; add fillets and salt. Cover; simmer 8 to 10 minutes, until fish flakes easily. Transfer fillets to warm platter; keep warm.

Reduce cooking liquid to  $\frac{1}{2}$  cup. Stir in whipping cream,  $\frac{1}{4}$  cup butter, pepper, and nutmeg; simmer until sauce thickens slightly. Add mussels and parsley; heat. Spoon mixture over fillets. Serve with parslied potatoes and julienne strips of zucchini, carrot, and celery sauteed in butter; stir constantly just until tender. Yield 6 servings.

### **savory baked haddock**

**2 pounds haddock or other fish fillets, fresh or frozen**

**2 teaspoons lemon juice**

**Dash of pepper**

**6 slices bacon, chopped**

**$\frac{1}{2}$  cup soft bread crumbs**

**2 tablespoons chopped parsley**

**$\frac{3}{4}$  cup thinly sliced onion**

**2 tablespoons bacon fat**

Thaw frozen fillets. Skin fillets; place in single layer in greased baking dish,  $12 \times 8 \times 2$  inches. Sprinkle with lemon juice and pepper.

Fry bacon until crisp; remove from fat. Add to bread crumbs and parsley.

Cook onion in bacon fat until tender; spread over fish. Sprinkle crumb mixture over onion. Bake in  $350^{\circ}\text{F}$  oven 25 to 30 minutes, until fish flakes easily. Yield 6 servings.

## **HALIBUT**

### **busy-day halibut**

**2 pounds ( $\frac{3}{4}$ -inch thick) halibut or other firm steaks or fillets, fresh or frozen**

**2 tablespoons dry onion soup mix**

**1 cup dairy sour cream**

**1 cup fine dry bread crumbs**

**2 tablespoons grated Parmesan cheese**

**1 tablespoon chopped parsley**

**$\frac{1}{4}$  teaspoon paprika**

**$\frac{1}{4}$  cup melted butter, margarine, or oil.**

Thaw fish if frozen; dry well. Cut into 6 portions.

Combine soup mix and sour cream.

In separate bowl mix bread crumbs, cheese, parsley, and paprika.

Dip fish in sour-cream mixture; roll in bread-crumb mixture. Place in single layer on well-greased shallow baking pan. Pour butter or oil

## FISH • HALIBUT

over fish. Bake in 500°F oven 10 to 12 minutes, until fish flakes easily. Yield 6 servings.

*Note: Seasoned Italian bread crumbs can be used in place of bread crumb-cheese mixture.*

### halibut with tomato sauce hungarian-style

2 tablespoons lard  
1 cup chopped onion  
1 clove garlic, peeled, minced  
Salt and white pepper  
1 (16-ounce) can tomatoes, drained, chopped  
Dash of Tabasco  
2 tablespoons dry sherry  
2 tablespoons finely chopped parsley  
4 halibut steaks, approximately 6 ounces each  
4 tablespoons lemon juice  
2 tablespoons butter or margarine

Make sauce. Melt lard in small skillet over moderate heat. Add onion; cook 3 minutes. Add garlic; cook until onion is lightly browned. Add salt, pepper, tomatoes, and Tabasco; cover. Simmer 15 minutes; keep warm while cooking fish. Stir in sherry and parsley just before pouring over fish.

Rub fish with 2 tablespoons lemon juice; let stand 10 minutes. Place on preheated, lightly greased broiler pan; brush with remaining lemon juice and butter. Broil 6 inches from heat source 5 to 6 minutes per side; baste once. Turn; cook 5 minutes. Transfer to warm platter; pour sauce over fish. Serve with boiled potatoes. Yield 4 servings.

### hearty skinny halibut

2 pounds halibut or other fish steaks, fresh or frozen  
⅓ cup thinly sliced onion  
1½ cups chopped fresh mushrooms  
⅓ cup chopped tomato  
¼ cup chopped green pepper  
¼ cup chopped parsley  
3 tablespoons chopped pimiento  
½ cup dry white wine  
2 tablespoons lemon juice  
1 teaspoon salt  
¼ teaspoon dillweed  
⅛ teaspoon pepper

#### Lemon wedges

Thaw frozen steaks. Cut into serving-size portions.

Arrange onion in bottom of greased baking dish, 12 × 8 × 2 inches. Place fish on onion.

Combine remaining vegetables; spread over fish.





## **HERRING**

### **pickled-herring platter**

12 to 16 ounces chilled pickled herring  
 1 tablespoon vinegar (optional)  
 1 onion, thinly sliced  
 ½ cup plain yogurt  
 2 cups cooked green beans  
 12 small new potatoes, boiled  
 2 tablespoons melted butter  
 Chopped fresh parsley leaves

Rinse herring with cold water; arrange on serving platter. Sprinkle with vinegar.

Separate onion slices into rings; arrange over herring. Top with yogurt. Place hot green beans and potatoes on platter with herring. Top vegetables with butter and parsley; serve at once. Yield 3 or 4 servings.

## **MACKEREL**

### **boned mackerel with lemon sauce**

5 small mackerel, cleaned  
 1 cup fine soft bread crumbs  
 2 tablespoons chopped chives  
 2 tablespoons freshly minced parsley  
 1 slice of bacon, finely chopped  
 Grated rind and juice of 1 lemon  
 Salt and freshly ground pepper to taste

Have fish dealer remove heads and tails from mackerel; bone without cutting mackerel in half. If this is not possible, cut off head and tail; slit fish down underside. Remove entrails; rinse fish. Lay mackerel open; lift out bones in one piece, using a small, sharp knife.

Combine bread crumbs, chives, parsley, bacon, lemon rind and juice, salt, and pepper in bowl; mix well. Divide into 5 equal parts; shape each part into roll that will fit in mackerel cavity. Place 1 roll inside each mackerel; place each mackerel on sheet of lightly oiled aluminum foil. Wrap loosely; seal edges. Place foil packets on baking sheet. Bake in preheated 375°F oven 20 to 25 minutes, depending on size, until mackerel is tender and flakes easily. Unwrap; arrange on serving platter. Garnish with lemon slices and parsley sprigs. Pour half the Lemon Sauce over mackerel; serve rest hot in sauceboat. Yield 5 servings.

#### *lemon sauce*

½ teaspoon freshly ground pepper  
 2 cloves garlic, pressed  
 1 tablespoon dried tarragon  
 1 teaspoon salt

#### *hearty skinny halibut*

Combine wine, lemon juice, and seasonings; pour over vegetables. Bake in 350°F oven 25 to 30 minutes, until fish flakes easily. Yield 6 servings.

#### *boned mackerel with lemon sauce*











*lenten mackerel*

- 2 tablespoons freshly minced parsley
- 2 lemons, cut into sections
- 1 cup vegetable oil
- 1 tablespoon wine vinegar

Place pepper, garlic, tarragon, salt, and parsley in blender container; blend. Add oil very slowly alternating with drops of vinegar; blend well after each addition. Place in top of double boiler.

Cut lemon sections into small pieces; add with any juice to sauce. Mix well; place over hot water until heated through. Yield About 1 1/4 cups.

## king-mackerel steaks with sauce provençale

- 2 pounds king-mackerel or other fish steaks, fresh or frozen
- 2 tablespoons melted butter or margarine
- 1 teaspoon salt
- 1/8 teaspoon pepper
- Paprika
- Sauce Provençale

Thaw fish if frozen. Place in single layer on well-greased baking pan, 15 x 10 x 1 inches. Brush with butter; sprinkle with salt, pepper, and paprika. Broil about 4 inches from source of heat 10 to 15 minutes, until fish flakes easily. Fish need not be turned during broiling. Serve with Sauce Provençale. Yield 6 servings.

### *sauce provençale*

- 4 medium tomatoes, peeled, cut into wedges, seeded
- 1/2 teaspoon sugar
- 2 tablespoons butter or margarine
- 1/4 cup chopped green onion
- 1 clove garlic, minced

- 1/2 cup dry white wine
- 1/2 cup butter or margarine
- 2 tablespoons chopped parsley
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Sprinkle tomatoes with sugar; set aside.

Melt 2 tablespoons butter in small saucepan; add onion and garlic. Cover; cook 2 to 3 minutes. Add wine; cook, stirring constantly, until liquid is slightly reduced. Add tomatoes and remaining ingredients; heat, stirring gently, just until butter melts. Yield 2 cups.

## lenten mackerel

- 4 medium tomatoes, skinned
- 1 small onion, thinly sliced
- 4 peppercorns
- 2 strips lemon peel
- 4 thick mackerel or snapper steaks
- Leaves of 4 small thyme sprigs
- Leaves of 2 fennel sprigs
- Salt to taste
- 1/2 cup Basic Fish Stock (see Index)
- 1/2 cup dry white wine

Slice tomatoes; arrange tomato and onion slices in well-buttered shallow baking pan. Add peppercorns and lemon peel; arrange steaks over mixture. Sprinkle with thyme and fennel; season with



salt. Pour stock and wine into baking pan; cover. Bake in preheated 325°F oven 20 to 25 minutes, until mackerel flakes easily.

One-half teaspoon powdered thyme and 1 teaspoon dried fennel can be substituted for thyme and fennel leaves. Bottled clam juice can be substituted for fish stock. Yield 4 servings.

## **pickled mackerel**

**3 red onions**  
**1 cup plus 1½ tablespoons vinegar**  
**Dash of salt**  
**20 peppercorns**  
**2 bay leaves**  
**4 whole mackerels**  
**1 bunch dill, chopped**

Peel onions; slice into rings.

Boil vinegar, salt, peppercorns, and bay leaves in pot; set aside to cool.

Wash, clean, fillet, and halve mackerels; cut each piece in half again. Dry thoroughly. Put into glass pot; cover with onion rings. Spread marinade on top; let stand at least 24 hours. Serve with chopped dill. Yield 16 pieces.

## **stuffed spanish mackerel**

**3 to 4 pounds dressed Spanish mackerel or other dressed fish, fresh or frozen**  
**1½ teaspoons salt**  
**¼ teaspoon pepper**  
**Vegetable Stuffing**  
**2 tablespoons melted butter or margarine**

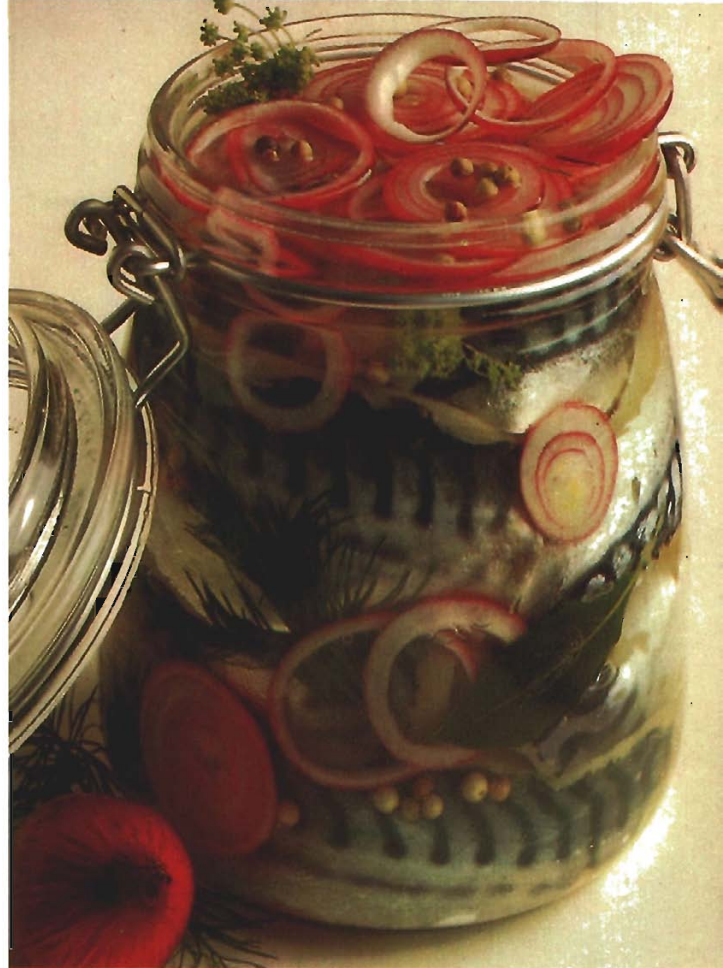
Thaw fish if frozen. Clean, wash, and dry fish. Sprinkle inside and out with salt and pepper. Place on well-greased bake-and-serve platter, 18 × 13 inches.

Prepare stuffing; stuff fish. Brush with butter. Bake in 350°F oven 30 to 45 minutes, until fish flakes easily. Yield 6 servings.

### ***vegetable stuffing***

**½ cup butter or margarine**  
**1½ cups chopped onion**  
**1 cup chopped celery**  
**1 cup chopped fresh mushrooms**  
**½ cup chopped green pepper**  
**1 clove garlic, minced**  
**2 tomatoes, peeled, seeded, chopped**  
**3 cups soft bread crumbs**  
**½ teaspoon salt**

Melt butter in saucepan; add onion, celery, mushrooms, pepper, and garlic. Cover; cook until tender. Combine all ingredients; mix well. Yield 3½ cups.



*pickled mackerel*

## **PERCH**

### **fried yellow perch lake erie-style**

**2 pounds (about 15) fresh or frozen yellow perch or other small fish, split, cleaned, boned**  
**1½ teaspoons salt**  
**¼ teaspoon pepper**  
**½ cup all-purpose flour**  
**2 tablespoons cornstarch**  
**1 cup water**  
**1 egg yolk, slightly beaten**  
**1 egg white, beaten until stiff**  
**Fat for deep frying**

Thaw fish if frozen. Sprinkle fish with 1 teaspoon salt and pepper; set aside.

Combine flour, cornstarch, and ½ teaspoon salt.

Blend together water and egg yolk; stir into flour mixture until smooth. Fold in egg white. Dip fish into batter; deep-fat fry at 350°F 2 to 3 minutes, depending on size of fish, until fish is golden brown. Drain on absorbent paper. Yield 6 servings.

### **perch turbans a la newburg**

**2 pounds ocean perch or other fish fillets, fresh or frozen**  
**1 teaspoon salt**



## FISH • PERCH

**¼ teaspoon pepper**

**¼ cup melted butter or margarine**

**2 cups cooked rice**

**Paprika**

**Parsley sprigs**

Thaw fish if frozen. Skin fillets; cut into serving size portions. Sprinkle with salt and pepper. Roll

*perch turbans a la newburg*

into turbans; secure with toothpicks. Place on ends in well-greased baking dish, 8 × 8 × 2 inches. Brush with butter. Bake in 350°F oven 15 to 20 minutes, until fish flakes easily. To serve, remove toothpicks from turbans; place on bed of boiled rice. Spoon Newburg Sauce over turbans; garnish with paprika and parsley sprigs. Yield 6 servings.





*newburg sauce*

½ cup butter or margarine  
¼ cup all-purpose flour  
½ teaspoon salt  
⅓ teaspoon cayenne pepper  
3 cups half-and-half cream  
6 egg yolks, beaten  
⅓ cup sherry

Melt butter in saucepan; stir in flour, salt, and cayenne. Add cream gradually; cook until thick and smooth, stirring constantly. Stir a little hot sauce into egg yolks; add to remaining sauce, stirring constantly. Remove from heat; slowly stir in sherry.

**ROCKFISH****rockfish imperial**

1 medium onion, cut up  
2 stalks celery, cut up  
1 carrot, cut up  
Dash of salt and pepper  
2 pounds rockfish  
½ cup mayonnaise  
1 teaspoon dry mustard  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
6 drops Tabasco sauce  
Paprika  
Butter

Place onion, celery, carrot, salt and pepper in pot of water to cover ingredients; bring to boil. Turn to low heat. Add fish; cook gently 1 hour. Remove fish; flake. Add remaining ingredients; mix. Place portions of fish in individual baking shells or ramekins. Add 2 tablespoons mayonnaise, dash of paprika, and pat of butter on each portion. Sprinkle of bread crumbs can be added. Bake at 350°F 25 minutes or until brown. Yield 6 to 8 servings.

**sweet-'n-sour  
whole rockfish**

6 pounds dressed rockfish or other fish, fresh or frozen  
¼ cup salad oil  
2 teaspoons salt  
¼ teaspoon pepper  
Sweet-'n-Sour Sauce  
3 cups cooked rice

Thaw fish if frozen. Slash fish on both sides every 2 inches about ¼ inch deep. Coat generously with oil; sprinkle inside and out with salt and pepper. Place on heavy foil on large cookie sheet or shallow roasting pan. Bake in 350°F oven

about 50 minutes, until fish flakes easily. (Allow about 10 minutes per inch of width at widest part of fish.) Remove fish to large heated platter. Pour Sweet-'n-Sour Sauce over; serve with cooked rice. Yield 6 servings.

*sweet-'n-sour sauce*

1 cup sugar  
1 cup vinegar  
2 tablespoons soy sauce  
4 tomatoes, quartered  
2 large onions, cut into wedges  
2 green peppers, sliced  
2 tablespoons cornstarch  
2 tablespoons water  
1 tablespoon salad oil

Combine sugar, vinegar, and soy sauce; bring to boil. Add tomatoes, onions, and peppers; bring to boil.

Combine cornstarch and water; add to vegetable mixture. Cook until thickened; stir constantly. Add oil. Yield about 3 cups.

**SALMON****broiled salmon steak**

4 salmon steaks (⅓ to ½ pound each)  
French Dressing (see Index)  
2 tablespoons melted butter or oil  
Salt and pepper  
Juice of 1 lemon  
Chopped parsley  
Béarnaise Sauce (see Index)

Brush salmon with French dressing; let stand 1 hour. Put in broiler; brush with butter. Broil 12 to 15 minutes; cook on both sides. Put on hot platter; season to taste with salt, pepper, and lemon juice; sprinkle with chopped parsley. Serve with Béarnaise Sauce. Yield 4 servings.

**deviled salmon**

2 tablespoons minced onion  
2 tablespoons green pepper  
3 tablespoons butter  
1 cup canned tomato soup  
1 teaspoon prepared mustard  
½ teaspoon salt  
1 teaspoon lemon juice  
2 cups flaked canned salmon  
½ cup buttered bread crumbs  
6 thin slices lemon  
Paprika

Lightly brown onion and pepper in butter. Add soup and seasonings; simmer a few minutes. Add salmon; pile into individual baking dishes. Top with crumbs; place lemon slices, sprinkled with paprika, on top. Bake in 400°F oven until crumbs are browned, about 15 minutes. Yield 6 servings.



*italian-style salmon steaks*

## italian-style salmon steaks

**2 pounds salmon or other fish steaks, fresh or frozen**

**2 cups Italian dressing**

**2 tablespoons lemon juice**

**2 teaspoons salt**

**¼ teaspoon pepper**

### **Paprika**

Thaw steaks, if frozen; pat dry with toweling. Cut into serving-size portions; place in single layer in shallow baking dish.

Combine remaining ingredients except paprika. Pour sauce over fish; let stand 30 minutes, turning once. Remove fish; reserve sauce for basting. Place fish in well-greased hinged wire grills or on rack in open roasting pan. Sprinkle with paprika. Cook about 4 inches from moderately hot coals or preheated broiler 8 minutes. Baste with sauce; sprinkle with paprika. Turn; cook 7 to 10 minutes, until fish flakes easily. Place on heated platter. Garnish with parsley and lemon wedges. Yield 6 servings.

## normandy salmon steaks with hollandaise sauce

**¼ pound fresh small mushrooms**

**1 tablespoon butter**

**½ cup white wine**

**6 tablespoons water**

**½ teaspoon salt**

**⅛ teaspoon white pepper**

**4 salmon steaks, each about 6 to 8 ounces**

**Juice of ½ lemon**

**1 recipe Hollandaise Sauce (see Index)**

**8 ounces fresh oysters**

**1 (4½-ounce) can deveined shrimp**

**1 ounce truffles, sliced (optional, found in specialty stores)**

Clean mushrooms; cut into thin slices.

Heat butter in frypan. Add mushrooms; sauté 3 minutes. Add ¼ cup wine and water. Season with salt and pepper; simmer 10 minutes.

Meanwhile, rinse salmon under cold running water; pat dry. Sprinkle with lemon juice; let stand 5 minutes.

Strain mushrooms; reserve juice. Set aside.

Add mushroom juice to frypan. Add rest of wine; bring to boil. Add salmon; cover. Simmer over low heat 20 minutes.

While salmon is cooking, prepare Hollandaise Sauce; keep warm.

Remove steaks with slotted skimmer to preheated platter; keep warm.

Add oysters to simmering stock. Heat about 5 minutes, until edges begin to curl. Add shrimp; just heat through. Remove; drain. Spoon around salmon steaks. Pour Hollandaise Sauce over salmon. Garnish with reserved reheated mushrooms and truffle slices if desired. Yield 4 servings.

## salmon croquettes

**2 cups canned salmon, drained**

**2 cups mashed potatoes**

**1½ teaspoons salt**

**⅛ teaspoon pepper**

**1 egg, beaten**

**1 tablespoon chopped parsley**

**1 teaspoon lemon juice**

**Flour**

**Seasoned bread crumbs**

**Fat for deep frying**

Mix together in large bowl salmon, potatoes, salt, pepper, egg, parsley, and lemon juice. This should be a fairly dry mixture that can be easily shaped into croquettes. (Refrigerate an hour before shaping.)

When croquettes are ready to be fried, roll in flour, then in seasoned bread crumbs.

Heat fat to 375°F in deep kettle or saucepan. Put in a few croquettes, so they will have room to brown evenly on all sides. Cook about 3 minutes each. Drain on paper towels; keep warm on heated platter until all are fried. Yield about 12 croquettes.



## salmon au gratin

- 2 cups canned salmon
- 1 cup Basic White Sauce (see Index)
- 1 tablespoon lemon juice
- ¼ cup bread crumbs
- 1 tablespoon butter or margarine
- ⅛ teaspoon paprika

Flake salmon; remove all skin and bones. Combine with sauce; stir in lemon juice. Put in greased baking dish. Cover with bread crumbs; dot with butter. Bake in 400°F oven 20 minutes. Sprinkle with paprika. Yield 6 servings.

## salmon loaf

- 1 (16-ounce) can salmon
- ½ cup milk
- 3 cups soft bread crumbs
- ¼ cup butter or margarine, melted
- ⅓ cup salmon liquid
- 3 egg yolks, beaten
- 2 tablespoons finely chopped green pepper
- 2 tablespoons finely chopped onion
- 1 tablespoon lemon juice
- ⅛ teaspoon pepper
- 3 egg whites, stiffly beaten

Drain salmon; save liquid. Flake salmon.

Heat milk. Add bread crumbs and butter; let stand 5 minutes. Add salmon liquid; beat until smooth. Add egg yolks, green pepper, onion, lemon juice, pepper, and salmon; mix well. Fold in egg whites. Pour into well-greased 1½-quart loaf pan. Bake at 350°F 40 to 50 minutes, until firm in center. Remove from oven; let stand 5 minutes. Loosen from sides of pan with spatula;

invert onto serving platter. Serve plain or with a sauce. Yield 6 servings.

## salmon paysanne

- 2 pounds salmon or other fish steaks, fresh or frozen
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 1 can (4 ounces) sliced mushrooms, drained
- ½ cup sliced green onions
- ¼ cup catsup
- 2 tablespoons butter or margarine, melted
- 1 teaspoon soy sauce

Thaw steaks, if frozen; pat dry with toweling. Cut into serving-size portions. Place in greased baking dish, 12 × 8 × 2 inches; sprinkle with salt and pepper.

Combine remaining ingredients; spread over fish. Bake in 350°F oven 25 to 30 minutes, until fish flakes easily. Yield 6 servings.

## salmon supper ring

- 1 tablespoon butter
- 1 tablespoon cornstarch
- ½ cup milk
- Salt and pepper
- 1 small can salmon, drained, flaked
- 1 teaspoon chopped capers
- 1 teaspoon lemon juice
- 1 package (2 cups) biscuit dough
- Egg or milk to glaze

Melt butter in saucepan; add cornstarch mixed with milk. Season to taste; add salmon, capers, and lemon juice. Mix well; cool.

*salmon paysanne*





*salmon supper ring*

Mix biscuit dough according to directions; roll thinly into oblong shape. Spread with filling. Moisten edges of dough; roll up. Move carefully onto greased baking sheet; twist into horseshoe shape. Using kitchen scissors or sharp knife, make cuts about two-thirds of way into roll. Turn each section on its side so filling is exposed a little. Glaze with beaten egg or milk. Bake in preheated 450°F oven 15 to 20 minutes. Garnish with capers and parsley. Yield 4 servings.

## smoked salmon rolls

20 slices smoked salmon  
20 canned asparagus spears (preferably white),  
drained

½ cup mayonnaise

6 lemon wedges

Wrap salmon around asparagus spears; arrange on serving dish. Pipe mayonnaise over rolls. Add lemon wedges to dish; garnish with parsley. Chill well before serving. Yield 5 or 6 servings.

## SARDINES

### baked fresh sardines

3 pounds fresh sardines, dressed

1 teaspoon salt

½ teaspoon pepper

2 tablespoons olive oil

*smoked salmon rolls*







- 2 Spanish onions, peeled, thinly sliced
- 2 large tomatoes, peeled, sliced
- 1 green pepper, seeds removed, sliced into rings
- 3 tablespoons chopped chives
- 1/3 cup dry white wine
- 6 large lettuce leaves (use outer leaves that are generally throw away)

Pat fish dry; sprinkle with salt and pepper.

Grease large casserole with oil; arrange onions in layers on bottom of casserole. Layer fish over onions; cover fish with tomatoes and green pepper. Sprinkle with chives; pour wine over fish and vegetables. Cover with well-washed lettuce leaves. Marinate in refrigerator 6 hours.

Bake, covered, in 375°F oven 30 minutes or until fish flakes easily. Remove lettuce leaves; discard. Bake 10 minutes. Yield 6 servings.

## sardines with chopped eggs

- 1 flat can sardines in mustard
- 2 flat cans sardines in oil
- 4 hard-boiled eggs
- Fresh parsley

Place sardines in mustard in small bowl; mash. Place off center on large serving plate.

Drain sardines in oil; place on plate in fan shape as shown in illustration.

Separate egg yolks and whites; chop each fine. Mound egg whites on left of sardines to center of plate. Hold knife in center of plate against egg whites; mound egg yolks on right half of plate.

*sardines with chopped eggs*

Remove knife. Place border of parsley around sardines. Garnish with cancelled lemon slices and strips of lemon peel. Serve with Basic Vinaigrette (see Index). Yield about 4 servings.

## sea-garden sardine antipasto

- 3 cans (3 3/4 or 4 ounces each) Maine sardines
- 2 cans (4 ounces each) button mushrooms
- Marinade

- 6 large lettuce leaves
- 24 cucumber slices
- 18 celery sticks
- 12 radish roses
- 12 tomato wedges
- 6 green pepper rings

Drain sardines and mushrooms; place in shallow baking dish. Pour marinade over; chill 30 minutes.

Prepare vegetables; chill.

Remove sardines and mushrooms from marinade; drain.

Arrange all ingredients, except marinade, attractively on lettuce leaves, dividing ingredients evenly among servings.

Lobster, tuna, crab, pickled herring, or shrimp can also be used in this recipe. Yield 6 servings.

### marinade

- 1/2 cup low-calorie French dressing
- 1/4 cup soy sauce

*sea-garden sardine antipasto*

2 tablespoons wine vinegar  
2 tablespoons water  
1 clove garlic, crushed  
Dash of powdered ginger  
Dash of pepper

Combine all ingredients; mix thoroughly. Yield about 1 cup.

## SHAD AND SHAD ROE

### baked shad

1 (3- to 3½-pound) shad

Salt

Ice-cold water

Good cooking oil

Split fish down back; remove backbone, viscera, and roe (reserve roe). Pull out rib bones with pliers. Wash; cover with salt solution made in proportion of 1 tablespoon salt to 1 cup ice-cold water. Let stand ½ hour or more. Drain; dry.

Preheat oven to 500°F.

Prepare stuffing; stuff fish. Wrap with string to keep in stuffing. Place on greased baking pan; sprinkle top of fish with oil. Bake 10 minutes. Lower heat to 400°F; cook 15 to 20 minutes. Serve with sauceboat of melted butter; garnish with lemon wedges. Yield 6 to 8 servings.

#### *stuffing*

Shad roe

1 tablespoon grated onion

1 tablespoon chopped parsley

⅔ cup soft bread crumbs

2 tablespoons soft butter

½ teaspoon salt

⅓ teaspoon white pepper

Scald roe in boiling water 2 minutes; drain. Scrape eggs into bowl. Add onion, parsley, bread crumbs, butter, salt, and pepper; mix until well blended.

### broiled shad

⅓ to ½ pound fish per person

Wash shad; remove head and tail. Clean; split down back. Remove backbone with as many other bones as possible. Place, skin-side-down, on greased broiler. Spread with melted fat; sprinkle with salt and pepper. Broil 20 to 25 minutes, depending on size of fish. Remove to hot platter; garnish with watercress and lemon slices. Yield as desired.



### maryland shad, bones and all

1 (4-pound) shad, dressed

Salt and freshly ground pepper to taste

Lemon and pepper seasoning

3 cups water

1 cup white wine

2 ribs celery, broken into pieces

1 tablespoon instant minced onion or 1 small onion, chopped

2 bay leaves

Preheat oven to 300°F.

Wash shad; dry with paper towels. Sprinkle fish inside and out with lemon and pepper seasoning. Put on rack of baking pan. Add water and wine to level just under fish. Add remaining ingredients. Cover tightly; steam 5 hours. Baste often with liquid in pan. Yield 6 servings.

### shad stuffed with shad roe nantaise

1 pair shad roe

1½ tablespoons finely chopped shallots

1 hard-cooked egg, coarsely chopped

¼ cup finely chopped parsley

1 cup fresh bread crumbs

½ cup milk

Salt and freshly ground pepper

2 shad fillets, about 1½ pounds

5 tablespoons butter

½ cup dry white wine

8 thin slices lemon for garnish (optional)

Chopped parsley for garnish

Preheat oven to 400°F.

Cut roe in half; slice through membrane. Remove and discard membrane. Put roe on flat surface; add shallots, egg, and parsley. Chop together to blend well.

Put crumbs into mixing bowl. Add milk; stir to blend. Add roe mixture and salt and pepper to taste.



Open up fillets, skin-side-down; sprinkle with salt and pepper. There are 2 flaps to each fillet. Open one; spread roe filling, smoothing it over. Bring up sides of fillet. Cover with other fillet; let flaps of fillet fall down and overlap stuffed fillet. Tie "package" neatly with string in 4 or 5 places to keep fillets and filling intact.

Butter baking dish large enough to hold stuffed fish. (Use about 2 tablespoons butter.) Sprinkle with salt and pepper. Arrange fish in dish; dot with 2 tablespoons butter. Place in oven. Bake 15 minutes. Spoon 1 tablespoon wine over fish; bake, basting often with pan juices, about 15 minutes. Pour remaining wine over all; bake and baste 15 minutes. It is imperative that you baste often as fish cooks. Remove fish. Add remaining tablespoon butter to pan liquid. Remove strings from fish. Using fingers, pull off and discard skin of fish from top. Skin comes off easily. Baste fish. Garnish, if desired, with lemon slices. Sprinkle with chopped parsley. Carve crosswise and serve. Yield 6 to 8 servings.

## shad roe

Wash and dry 1 to 1¼ pounds shad roe, using care not to break skin. Let stand 5 minutes in ice water; drain. Simmer in salt water 5 minutes to make firm. Sprinkle with salt, pepper, and flour. Melt 2 tablespoons butter or margarine in frying pan. When hot, put in roe; cook slowly until brown on one side. Turn; brown other side. Cook 20 to 30 minutes. Garnish with lemon and parsley; serve very hot with crisp bacon. Yield 4 servings.

# SMELTS

## fried smelts

**2 pounds smelts, heads off, cleaned, washed**  
**2 eggs, beaten**

*fried smelts*

**2 tablespoons milk**

**1 teaspoon salt**

**¼ teaspoon pepper**

**½ cup flour**

**½ cup dried bread or cracker crumbs**

Drain smelts as dry as possible on paper towels.

Mix eggs, milk, and seasonings in bowl.

Mix flour and crumbs together on large piece of waxed paper. Dip each smelt in liquid, then in crumbs.

Deep fry at 370°F 3 to 5 minutes; turn each fish once. Do not fry too many at a time. Drain on paper toweling; season.

If using skillet, sauté in butter or oil (or both), allowing 1½ to 2 minutes on each side. Drain; season. Serve with Tartar Sauce (see Index). Yield 4 to 6 servings.

## svenskie smelt fry

**20 medium (about 1 pound) smelts or other small fish, fresh or frozen**

**1 (2-ounce) can anchovy fillets**

**¼ teaspoon salt**

**⅓ teaspoon pepper**

**½ cup all-purpose flour**

**3 tablespoons butter or margarine**

**3 tablespoons cooking oil**

**4 slices rye bread, crusts removed, toasted**

**Svenske Sauce**

**Sliced tomatoes and cucumber (optional)**

**Lemon twigs and dill sprigs (garnish)**

Thaw fish if frozen. Remove heads; clean; bone.

Drain anchovies; reserve oil for sauce. Cut in half lengthwise; place ½ anchovy inside each fish. Sprinkle with salt and pepper; roll in flour.

In large skillet heat butter and cooking oil to moderate temperature. Add fish; fry until crisp. Place 5 fish on each slice of rye toast; spoon sauce over smelt. Serve with sliced tomatoes and



## FISH • SNAPPER

*svenske smelt fry*

cucumber; garnish with lemon twists and dill sprigs. Yield 4 servings.

### *svenske sauce*

**Reserved anchovy oil**

**2 tablespoons minced onion**

**1½ tablespoons flour**

**½ teaspoon salt**

**1½ cups half-and-half cream**

**1 egg yolk, beaten**

**1 tablespoon lemon juice**

**1 tablespoon chopped fresh dill (or ½ teaspoon dried dillweed)**

In saucepan cook onion in anchovy oil until tender. Blend in flour and salt, gradually stir in cream. Cook until thickened; stir constantly. Add a little hot sauce to egg yolk; add to remaining sauce, stirring constantly. Heat until thickened. Add lemon juice and dill. Yield 1½ cups.

## SNAPPER

### baked red snapper

**1 (5-pound) cleaned, boned red snapper**

**1 teaspoon salt**

**1 pound boiled shrimp**

**1 egg**

**1 cup cream**

**½ tablespoon anchovy paste**

**Pepper**

**Paprika**

**1 cup sherry**

Wash and drain fish; rub with salt.

Put shrimp through grinder or chop in food processor.



Beat egg and half the cream together.

Mix shrimp and anchovy paste; season with pepper, salt, and paprika. Stir into egg and cream. Add sherry; mix to smooth paste. Place stuffing inside fish; sew together with twine or fasten with kitchen skewers. Place in baking dish; pour over remaining ½ cup cream. Bake in 350°F oven until done, about 4 hours. Serve garnished with sliced cucumbers in French dressing. Yield 10 servings.

*snappy snapper*







## SOLE • FISH

### grilled red snapper steaks

**2 pounds red snapper or other fish steaks, fresh or frozen**

**½ cup melted fat or oil**

**¼ cup lemon juice**

**2 teaspoons salt**

**½ teaspoon Worcestershire sauce**

**¼ teaspoon white pepper**

**Dash of liquid hot pepper sauce**

**Paprika**

Thaw frozen steaks; pat dry with toweling. Cut into serving-size portions; place in well-greased, hinged wire grills.

Combine remaining ingredients, except paprika. Baste fish with sauce; sprinkle with paprika. Cook about 4 inches from moderately hot charcoal coals or broiler 8 minutes. Baste with sauce; sprinkle with paprika. Turn; cook 7 to 10 minutes, until fish flakes easily. Yield 6 servings.

### snappy snapper

**2 pounds skinless snapper or other fish fillets, fresh or frozen**

**½ cup frozen orange-juice concentrate, thawed**

**¼ cup salad oil**

**¼ cup soy sauce**

**¼ cup cider vinegar**

**½ teaspoon salt**

**Chopped parsley**

**Lemon slices**

Thaw frozen fillets; pat dry with toweling. Cut into 6 portions; place in single layer, skin-side-up, on well-greased baking pan, 15 × 10 × 1 inches.

Combine remaining ingredients, except parsley.

Brush fish with sauce. Broil about 4 inches from source of heat 5 minutes. Turn carefully; brush with sauce. Broil 5 to 7 minutes, until lightly

*spicy snapper*

browned and flakes easily. Sprinkle with parsley; garnish with lemon slices. Yield 6 servings.

### spicy snapper

**2 pounds snapper or other fish fillets, fresh or frozen**

**⅓ cup tomato juice**

**3 tablespoons vinegar**

**2 tablespoons salad oil**

**1 (⅝ -ounce) envelope old-fashioned**

**French-dressing mix**

Thaw frozen fillets. Skin fillets; cut into serving-size portions. Place in single layer in shallow baking dish.

Combine remaining ingredients; mix thoroughly. Pour sauce over fish; let stand 30 minutes, turning once. Remove fish; reserve sauce for basting. Place fish on well-greased broiler pan. Broil about 4 inches from source of heat 4 to 5 minutes. Turn carefully; brush with sauce. Broil 4 to 5 minutes, until fish flakes easily. Serve on heated platter garnished with tomato slices and lemon wedges. Yield 6 servings.

## SOLE

### fillet of sole au gratin

**1½ pounds fillet of sole**

**2 tablespoons chopped onion**

**2 tablespoons chopped celery**

**Salt**

**Pepper**

**2 tablespoons lemon juice**

**2 tablespoons butter**

**2 tablespoons flour**



*grilled red snapper steaks*

**1 cup milk**

**½ cup grated American cheese**

Place fillets in shallow baking pan; sprinkle with onion, celery, salt, and pepper. Add 2 tablespoons water and lemon juice. Bake in 450°F oven 10 minutes.

Melt butter; stir in flour. Add milk gradually; cook, stirring, until thickened. Add salt, pepper, and cheese; reserve about 2 tablespoons for top. Heat until cheese is melted; pour over fish.

Sprinkle remaining cheese over top; bake 10 to 15 minutes. Yield 4 to 6 servings.

## heavenly sole

**2 pounds skinless sole or other fish fillets, fresh or frozen**

**2 tablespoons lemon juice**

**½ cup grated Parmesan cheese**

**¼ cup butter or margarine, softened**



**3 tablespoons mayonnaise or salad dressing**  
**3 tablespoons chopped green onion**  
**¼ teaspoon salt**

**Dash of liquid hot pepper sauce**

Thaw fillets if frozen; pat dry with toweling. Place fillets in single layer on well-greased bake-and-serve platter, 16 × 10 inches. Brush with lemon juice; let stand 10 minutes.

Combine remaining ingredients.

Broil fillets about 4 inches from source of heat 6 to 8 minutes, until fillets flake easily. Remove from heat; spread with cheese mixture. Broil 2 to 3 minutes or until lightly browned. Yield 6 servings.

## **sole with tomatoes french-style**

**1 pound tomatoes (about 1½ cups), peeled, seeded, chopped**  
**2 tablespoons minced shallots**  
**2 tablespoons minced parsley**  
**½ teaspoon salt**  
**Dash of pepper**  
**1½ pounds sole fillets**  
**¾ cup dry white wine**  
**¼ cup water or clam juice**  
**2 tablespoons butter or margarine**  
**2 tablespoons flour**  
**½ teaspoon sugar**  
**3 to 4 tablespoons heavy cream**

Mix tomatoes, shallots, parsley, salt, and pepper; place in bottom of greased flat baking dish. Place fillets over tomatoes. Add wine and water; bring to simmer on range. Cover with aluminum foil. Place in preheated 325°F oven 13 to 15 minutes, until fish is opaque. Remove fish to serving dish; keep warm.

Boil juices until mixture is reduced to about half.

Mix butter and flour; stir into juices. Cook until thickened. Add sugar, cream, and juices drained from fish on platter. Pour over fish; serve. Yield 4 servings.

## **stuffed fillet of sole**

**2 pounds boiled spinach or 1 package frozen spinach**  
**1 teaspoon salt**  
**⅛ teaspoon pepper**  
**½ cup dry white wine**  
**¼ cup bread crumbs**  
**6 fillets of sole**  
**½ cup finely chopped onion**  
**2 tablespoons finely chopped parsley**  
**2 tablespoons butter**  
**1 cup sliced mushrooms**  
**2 medium tomatoes, peeled, quartered**

**2 tablespoons flour**  
**¼ cup whipped cream**  
**1 tablespoon lemon juice**

Drain spinach; chop. Add salt, pepper, ⅓ cup wine, and bread crumbs. Place mound on one end of each fillet; fold other end over it. Place in well-greased baking pan with onion, parsley, and remaining wine. Arrange mushrooms and tomatoes over top; cover with cooking parchment paper. Bake in 500°F oven 15 minutes. Remove fillets to heatproof platter.

Thicken gravy remaining in pan with flour blended with a little cold water. Simmer 2 or 3 minutes; stir constantly. Remove from heat; add whipped cream and lemon juice. Pour over fillets; brown in broiler. Serve immediately. Yield 6 servings.

## **TROUT**

### **broiled lake trout**

Split trout into two fillets; remove backbone. Wash thoroughly; remove all traces of blood or membrane. Place in salt solution made in proportion of 2 tablespoons salt to 1 cup water; let stand 8 to 10 minutes.

Preheat broiling oven about 10 minutes before using.

Oil heated broiler pan.

Brush fish with oil in which pepper has been stirred. Amount of oil required will be about ¼ cup with ¼ teaspoon pepper. Place trout on the broiler pan, skin-side-up, about 2 inches below heat unit. After 5 minutes skin should be turning brown; baste. Cook until skin is well browned; turn fish flesh-side-up. Baste again; cook until flesh side is well browned. Remove to hot platter; butter top of fish. Garnish to taste; crisp lettuce leaves, lemon slices, and parsley are suggested. Allow ⅓ to ½ pound fish per person.

### **broiled trout minceur**

**4 whole dressed fresh or frozen rainbow or other trout**  
**1 cup clam juice or chicken broth**  
**2 tablespoons minced onion**  
**1 tablespoon cooking oil**  
**1 teaspoon Worcestershire sauce**  
**¼ teaspoon salt**  
**⅛ teaspoon oregano**  
**⅛ teaspoon thyme**  
**⅛ teaspoon pepper**  
**3 cups steamed julienne vegetables (any combination of carrots, green beans, celery, turnips, zucchini)**  
**Chopped parsley**

## FISH • TROUT

Thaw or bone trout as needed. (To bone, slit along entire length of backbone with sharp knife. Gently lift away top fillet, including bones and tail. Use knife to separate head from bottom fillet. Flip top fillet over, skin-side-down, lift away bone structure.)

Combine clam juice, onion, oil, Worcestershire sauce, and seasonings in saucepan. Boil liquid rapidly about 5 minutes, reducing to  $\frac{1}{2}$  cup.

Place opened fish, skin-side-down, on well-oiled broiler rack; brush with sauce. Broil 3 inches from heat about 5 minutes; brush with sauce once or twice while broiling. Carefully lift trout from broiler; center on warm platter. Surround with vegetables. Serve with lemon; sprinkle with chopped parsley. Yield 4 servings.

### fried trout grenoble

4 freshwater trout, fresh or frozen (each about  $\frac{1}{2}$  pound)

Juice of 1 lemon

Salt

5 tablespoons flour

$\frac{1}{2}$  cup vegetable oil

$\frac{1}{4}$  cup butter

1 slice dry bread, crumbled

2 tablespoons capers, drained

1 lemon, sliced

Parsley sprigs (garnish)

Thoroughly wash fish; pat dry with paper towels. Sprinkle with half the lemon juice; let

stand 5 minutes. Salt trout inside and out; roll in flour.

Heat oil in frypan. Add trout; fry 5 minutes on each side or until golden. Remove fish carefully with slotted spoon; discard oil.

Melt butter in same frypan. Return trout to pan; fry 5 minutes on each side. Remove; arrange on preheated platter.

Add bread crumbs to butter; cook until browned. Pour over trout; sprinkle rest of lemon juice over trout. Top with capers; garnish with lemon slices and parsley sprigs. Yield 4 servings.

### herb-stuffed trout with sauce

6 dressed fresh trout

2 bay leaves, halved

1 shallot, thinly sliced

4 peppercorns

2 or 3 sprigs parsley

Salt

*fried trout grenoble (opposite)*

*herb-stuffed trout with sauce*









## FISH • TROUT

½ cup wine vinegar  
½ cup water  
1½ cups soft bread crumbs  
1 egg, beaten  
2 tablespoons freshly minced parsley  
1 tablespoon chopped chives  
Pepper to taste  
Melted butter  
1 tablespoon capers  
1 small lemon, cut into sections

Have fish dealer remove heads and tails from trout; bone without cutting in half. Place trout in shallow glass container.

Combine bay leaves, shallot, peppercorns, parsley, and 1 teaspoon salt; sprinkle over trout.

Mix vinegar and water; pour over trout. Marinate in refrigerator overnight. Drain trout; reserve marinade.

Combine crumbs, egg, 1 tablespoon parsley, chives, salt to taste, and pepper in bowl; mix well. Stuff trout cavities with dressing; brush trout with butter. Arrange in shallow baking dish; cover lightly with aluminum foil. Bake in preheated 375°F oven about 20 minutes, until trout flakes easily.

Strain reserved marinade; place in small saucepan. Stir in capers, remaining parsley, lemon sections, and marinade mixture; heat through.

Arrange trout on serving dish; pour sauce over. Serve hot. Yield 6 servings.

## irish cured trout

1 (4-pound) or 2 (2-pound) trout, boned.  
butterflied, head removed  
4½ teaspoons salt  
½ teaspoon freshly ground pepper  
½ teaspoon garlic powder  
6 tablespoons olive oil  
1 tablespoon brown sugar

On day curing process is begun, wash fish; pat dry with paper towels. Place on large nonmetallic platter.

Combine seasonings; place in small shaker bottle.

On day 1 rub fish with ⅓ of salt mixture. Cover with plastic wrap; refrigerate.

On day 2 drain any liquid from platter; rub fish with 2 tablespoons oil. Cover; refrigerate overnight.

Rub fish with salt mixture on days 3 and 5 and with oil on days 4 and 6.

On day 6 also rub fish with sugar.

On day 7 hang fish in cool, dry, breezy place 24 hours. To serve, slice paper-thin against grain. Yield 10 to 12 appetizer servings.

## trout with almonds

6 brook trout  
Oil

*trout with almonds*





- ¼ cup butter or margarine**
- ½ cup slivered or whole almonds**
- 6 slices bacon**

#### **Lemon wedges**

Prepare trout; rub with oil. Cook on barbecue rack about 15 minutes; turn once.

Meanwhile, put butter into pan with almonds; sauté until butter is foaming and almonds are golden brown.

Place bacon on rack about 5 minutes before fish is done.

To serve, cover each fish with a slice of bacon. Pour foaming butter and almonds over trout; serve with lemon wedges. Tartar Sauce (see Index) is a good accompaniment. Yield 6 servings.

## **TUNA**

### **tuna cakes**

- 2 eggs**
- 1 (7-ounce) can tuna, drained, flaked**
- 1 small onion, finely chopped**
- 4 slices bread, cubed**
- Salt and pepper to taste**

Beat eggs slightly in bowl. Add tuna, onion, bread cubes, and seasonings; mix to moisten. Form into 4 to 6 patties; fry in skillet or on griddle until golden brown, turning once. Serve with mayonnaise. Yield 2 or 3 servings.

### **tuna au gratin**

- 2 (7-ounce) cans tuna, drained**
- ⅔ cup chopped onion**
- ½ cup chopped green pepper**
- ½ cup chopped pimiento (optional)**
- ⅔ cup mayonnaise**
- ½ cup fine dry bread or cracker crumbs**
- ½ cup grated Parmesan cheese**

Combine first 5 ingredients in mixing bowl; spoon into shallow baking dish (7 × 11 inches) or individual shells. Sprinkle with bread crumbs and cheese. Bake at 350°F 20 minutes or until thoroughly heated. Garnish with fresh parsley if desired. Yield 4 servings.

### **tuna lasagna**

- ½ cup chopped onion**
- 1 clove garlic, crushed**
- 2 tablespoons butter**
- 2 (7-ounce) cans tuna, drained, flaked**
- 1 can condensed cream of celery soup**
- ⅓ cup milk**
- ½ teaspoon crushed dried oregano**
- ⅛ teaspoon pepper**
- 8 ounces lasagna noodles, cooked**
- 4 slices mozzarella cheese**

- 8 slices processed American or cheddar cheese**
- ½ cup grated Parmesan cheese**

In medium saucepan cook onion and garlic in butter until tender. Add tuna, soup, milk, oregano, and pepper.

Arrange noodles in 12 × 7 × 1½-inch baking dish. Over noodles arrange tuna sauce, slices of mozzarella and American cheese, and Parmesan. (Dish can be frozen at this point. If frozen, casserole should be baked at 400°F, covered 1½ hours.) Bake at 350°F 30 minutes or until heated through. Yield 6 to 8 servings.

### **tuna risotto**

#### **risotto**

- 4 tablespoons oil**
- ½ Bermuda onion, finely chopped**
- 1½ cups long-grain rice**
- 2 pints chicken stock, or bouillon cubes and water**

#### **sauce**

- 2 tablespoons oil**
- 2 tablespoons butter or margarine**
- ½ Bermuda onion, finely chopped**
- 2 tablespoons tomato puree**
- 3 tablespoons wine vinegar**
- 2 tablespoons lemon juice**
- 1 (7- to 8-ounce) can tuna, flaked**
- Grated cheese**

Make risotto. Heat oil in pan. Add onion; sauté until transparent. Add rice; stir over low heat until just golden. Remove from heat; add hot stock. Stir; return to heat. Cover; cook until rice is tender.

Make sauce. Heat oil and butter in pan. Add onion; cook until soft and golden. Add tomato puree, vinegar, lemon juice, tuna, and a little oil from fish. Mix well; heat through. Adjust seasoning to taste. Stir into risotto just before serving. Add a little grated cheese; serve extra cheese separately. Yield 4 or 5 servings.

### **tuna terrific**

- 3 cups cooked rice**
- 1 cup diced celery**
- ½ cup diced green pepper**
- ¼ pound mushrooms, sliced**
- ¼ cup minced pimiento**
- ⅓ cup slivered toasted almonds**
- 2 (7-ounce) cans tuna in oil**
- ¼ cup dry sherry**
- 1 teaspoon salt**
- ½ teaspoon rosemary**
- ½ teaspoon marjoram**
- ¼ teaspoon pepper**

Cook rice.

Prepare vegetables and almonds.



*tuna risotto*

Drain tuna oil into skillet; heat. Add celery, onion, and green pepper; cook and stir 3 or 4 minutes. Add tuna, mushrooms, sherry, almonds, and seasonings. Heat thoroughly; stir occasionally. Combine with rice. Reheat; serve. Yield 6 servings.

## VARIETY FISH

### baked fish fillets

1 pound fish fillets (sole, flounder, or red snapper)  
1 tablespoon chopped parsley

1 tablespoon lemon juice  
 $\frac{3}{4}$  teaspoon seasoned salt  
3 tablespoons olive oil  
1 medium onion, thinly sliced  
1 clove garlic, minced  
1 large tomato, thinly sliced  
2 tablespoons white wine  
3 slices lemon

Arrange fish in 8- or 9-inch-square baking dish; sprinkle with parsley, lemon juice, and salt.

Heat oil in small skillet; fry onion and garlic until limp. Top fish with mixture, including oil from skillet. Arrange tomato on onion mixture;



*baked fish fillets*



pour wine over all. Bake at 350°F 30 to 35 minutes, until the fish flakes easily. Garnish with fresh lemon slices. Yield 2 or 3 servings.

## baked fish with mushroom stuffing

### *mushroom stuffing*

- 3 tablespoons butter
- 1 small onion, chopped
- ½ cup chopped fresh mushrooms
- 2 cups dry bread crumbs
- ¾ cup chicken stock
- 1 egg, beaten
- ½ teaspoon salt
- ¼ teaspoon pepper

- 4-pound whole fish of your choice, dressed
- 1 teaspoon salt
- 4 strips bacon

Prepare Mushroom Stuffing. Put butter in saucepan. Add onion; sauté until golden but not brown. Add mushrooms; cook until water from mushrooms cooks away. Remove from heat. Add bread crumbs, chicken stock, egg, ½ teaspoon salt, and pepper; mix well with hands.

Clean and rub inside of fish with 1 teaspoon salt. Stuff fish; fasten with toothpicks. Place, underside-down, in greased baking dish; layer bacon over fish. Bake in 350°F oven 1 hour or until fish flakes easily. Remove to hot platter to serve. Yield 8 servings.

## batter-fried fish

- 1 pound fish fillets
- 1 egg
- 2 tablespoons milk
- ¼ teaspoon salt
- ½ cup fine dry bread crumbs

*batter-fried fish*



### 2 cups peanut oil

### Lemon wedges

### Parsley

Wash fish; pat dry.

Combine egg, milk, and salt in bowl; beat until blended. Dip fish into mixture; coat well with crumbs.

Pour oil into skillet; heat to 375°F. Fry fish until golden brown on both sides; drain on paper toweling. Place in serving container; garnish with lemon wedges and parsley. Yield 4 servings.

## broiled fish fillets or steaks

### 2 pounds fish fillets or steaks, fresh or frozen

### 2 tablespoons melted fat or oil

### 2 tablespoons lemon juice

### 1 teaspoon salt

### ½ teaspoon paprika

### Dash of pepper

Thaw frozen fish. Cut fish into 6 portions. Place in single layer, skin-side-down, on well-greased baking pan, 15 × 10 × 1 inches.

Combine remaining ingredients; mix well. Pour over fish. Broil about 4 inches from source of heat 10 to 15 minutes, until fish flakes easily. Baste once during broiling with sauce in pan. Yield 6 servings.

## crunchy fish-noodle bake

### 1 pound fish fillets, fresh or frozen

### 1 (11-ounce) can mandarin-orange segments

### 1 (10½-ounce) can condensed cream of mushroom soup

### 1 cup sliced celery

### ½ cup chopped onion

### ½ cup chopped salted peanuts

### ½ teaspoon salt

### 1 (3-ounce) can chow-mein noodles

Thaw fish if frozen; pat dry with paper toweling. Cut into 1-inch pieces.

Drain orange segments; save ¼ cup syrup. Save about ¼ of orange segments for garnish.

Combine soup, reserved orange syrup, remaining orange segments, fish, celery, onion, peanuts, salt, and ½ of noodles; mix. Spread mixture into shallow 1½-quart casserole. Cover with aluminum foil; crimp it to edges of casserole. Bake in 350°F oven 30 minutes. Uncover; sprinkle with remaining noodles. Cook about 10 minutes, until hot and bubbly and fish flakes easily. Garnish with orange segments. Yield 4 servings.

## fast fish dinner

### 2 cups canned tomatoes (1-pound can) drained

### 2 tablespoons butter or margarine

### 1½ cups diced celery

### 2 medium onions, thinly sliced



*fast fish dinner*

**1 pound frozen fish fillets, cut into bite-size pieces**  
**1 teaspoon salt**  
**¼ teaspoon black pepper**  
**2 cups canned potatoes, drained, sliced**  
**Parsley (garnish)**

Put tomatoes and butter in medium skillet; bring to boil. Add celery and onions; simmer until onions are soft, 3 to 5 minutes. Add fish, salt, pepper, and potatoes; stir once. Cover skillet; simmer 10 minutes. Garnish with parsley; serve. Yield 4 servings.

## **fish cakes**

**1 egg**  
**1 tablespoon lemon juice**  
**1 onion, minced fine**  
**2 tablespoons prepared mustard**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**1 teaspoon parsley flakes**  
**1 pound cooked fish, boned, flaked**  
**¼ to ½ cup cornflake crumbs**  
**Fat for deep frying**

Mix egg, lemon juice, onion, and seasonings in bowl; toss with fish. Add enough cornflake crumbs so fish cakes shape easily. Roll each cake in extra crumbs to coat outside.

Heat fat in medium skillet; fry cakes until crisp and brown on outside. Drain on paper towels; place on heated platter. Serve with sautéed chopped celery and scallions. Yield 4 to 6 servings.

## **fish fillets baked with sour cream**

**1 pound firm whitefish fillets**  
**Salt and pepper**  
**½ cup sour cream**  
**1½ tablespoons Parmesan cheese**  
**¾ teaspoon Hungarian sweet paprika**  
**¼ teaspoon crumbled tarragon**  
**2 tablespoons seasoned bread crumbs**  
**2 tablespoons butter or margarine**  
**Finely chopped parsley**  
**Lemon wedges**

Arrange fish in single layer in lightly greased shallow baking dish; season with salt and pepper.

Combine sour cream, cheese, paprika, and tarragon; mix well. Spread evenly over fillets. Sprinkle with bread crumbs; dot with butter. Bake in preheated 350°F oven 20 to 25 minutes, until fish flakes easily. Sprinkle with parsley; serve with lemon wedges. Yield 4 servings.

## **fish fillets in creole sauce**

**1 medium onion, chopped**  
**½ cup chopped celery**  
**1 tablespoon butter or margarine**  
**1 (8-ounce) can tomato sauce**  
**½ teaspoon salt**  
**½ teaspoon curry powder**  
**Dash of freshly ground black pepper**





*fish cakes*

**1 cup chopped green pepper**  
**2 pounds frozen fish fillets**

Sauté onion and celery in butter in large skillet. Add rest of ingredients, except fish. While mixture simmers, cut fish blocks into thirds (6 pieces). Put

fish in skillet side by side; do not pile them on each other. Bring to boil; reduce to simmer. Cook about 15 minutes, until fish flakes easily. Yield 4 to 6 servings.

## **fish fillets india**

**1 pound fresh or frozen fillets**  
**½ cup flour**  
**2 teaspoons curry powder**  
**¼ teaspoon salt**  
**½ cup butter or margarine**  
**½ cup chopped blanched almonds**  
**Chives, chopped**  
**Chutney**

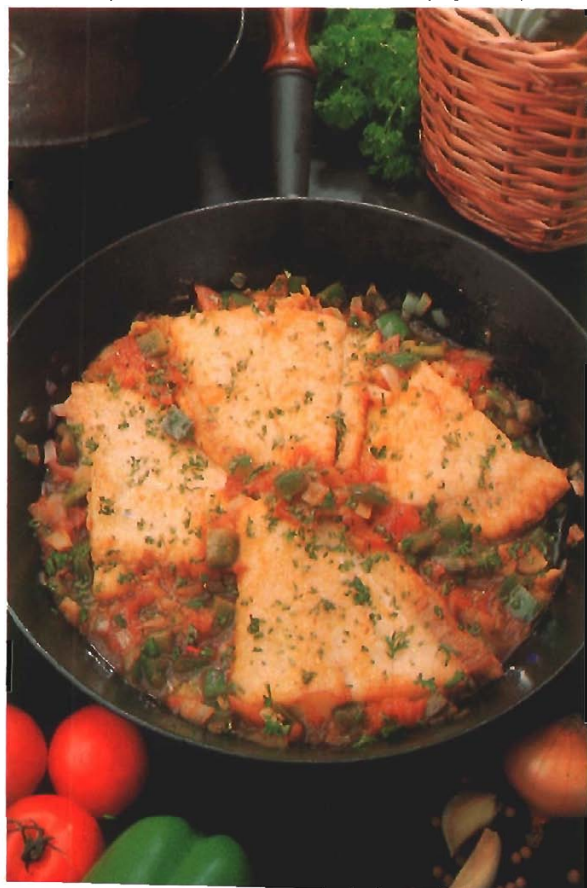
Thaw fish, if frozen; pat dry with toweling. Mix flour, curry powder, and salt well. Thoroughly coat each piece of fish with mixture.

Heat butter in large skillet. Brown fish over moderate heat about 4 minutes per side. When fish flakes easily, it is done through. Remove fillets; put onto heated serving dish.

Add almonds to butter left in skillet; stir until browned. Pour over fish. Garnish with chopped chives; serve chutney as a relish. Yield 4 servings.

## **fish fillets on spinach**

**1½ pounds fish fillets**  
**Juice of 1 lemon**  
**2 pounds fresh spinach**  
**2 tablespoons vegetable oil**  
**1 medium onion, chopped**



*fish fillets in creole sauce*





*fish fillets india*

**1 teaspoon butter or margarine**  
**½ teaspoon salt**  
**⅛ teaspoon white pepper**  
**½ teaspoon grated fresh nutmeg**  
**2 tomatoes, peeled, sliced**  
**¼ cup grated low-fat mozzarella cheese**

Wash fish; pat dry. Sprinkle with lemon juice; let stand 10 minutes.

Wash spinach well; chop coarsely.  
*fish fillets on spinach*

Heat oil in frypan. Add onion; sauté until soft. Fry fish in pan with onions a few minutes on each side, until golden brown. Remove fish and onions; reserve.

Add spinach to frypan; stir-fry 4 to 5 minutes.

Grease a casserole dish with butter; add spinach. Arrange fish fillets on spinach; sprinkle with salt, pepper, and nutmeg. Place tomatoes on fish; sprinkle with cheese. Bake in preheated 350°F oven 15 minutes. Yield 6 servings.







*fish with herb sauce*

## fish with herb sauce

1 to 2 tablespoons lemon juice  
 1½ pounds fresh fish fillets  
 4 tomatoes, peeled, sliced  
 Salt and pepper  
 1 strip lean bacon, diced  
 1 small onion, chopped

### *herb sauce*

½ cup plain yogurt  
 1 tablespoon all-purpose flour  
 1 tablespoon chopped parsley leaves  
 1 tablespoon chopped chives or thinly sliced scallions  
 1 teaspoon dried dillweed (optional)  
 ½ teaspoon tarragon  
 ½ teaspoon chervil

1 tablespoon dried bread crumbs

Sprinkle lemon juice over fish; set aside.

Line bottom of greased shallow casserole dish with tomato slices; season with salt and pepper.

Combine bacon and onion in small skillet; cook until onion is golden.

Combine yogurt, flour, and herbs; season to taste with salt and pepper.

Place fish fillets on tomatoes; pour Herb Sauce over fish. Cover with bacon-onion mixture; sprinkle with bread crumbs. Cover; bake at 350°F about 20 minutes, until fish can be separated into flakes. Serve at once.

Herb Sauce can be reserved and used as topping after fish has been baked. To use this method, omit flour. Yield 4 servings.

## fish imperial

2 cups cooked fish flakes  
 3 tablespoons vinegar

3 eggs, separated  
 2 cups milk  
 1 teaspoon salt  
 ¼ teaspoon black pepper  
 2 tablespoons grated onion  
 2 tablespoons finely chopped parsley

Preheat oven to 300°F.

Combine fish and vinegar.

Whip egg whites until stiff; set aside.

Beat egg yolks. Add milk, salt, pepper, onion, parsley, and fish; mix well. Fold in egg whites; pour into greased baking dish. Garnish with strips of pimiento; set in pan of warm water in oven. Bake about 45 minutes, until silver knife comes out clean. Yield 6 servings.

## fish with lemon sauce (low fat)

1½ pounds fish fillets  
 Juice of 1 lemon  
 2 medium onions, chopped  
 2 tablespoons vegetable oil  
 ½ teaspoon salt  
 ⅛ teaspoon white pepper  
 ¾ cup water  
 2 thin slices fresh gingerroot  
 ¼ teaspoon mace  
 Grated rind of 1 lemon  
 ¼ cup lemon juice  
 1 tablespoon cornstarch  
 ¼ teaspoon saffron  
 ¼ cup plain yogurt

### **Chopped parsley for garnish**

Wash fish; pat dry. Sprinkle with juice of 1 lemon; let stand 10 minutes.

Sauté onions in hot oil until golden brown. Add fish; brown on both sides about 5 minutes. Add



*fish with lemon sauce (low fat)*

salt, pepper,  $\frac{1}{2}$  cup water, gingerroot, mace, lemon rind, and  $\frac{1}{4}$  cup lemon juice. Simmer, covered, 10 minutes. Remove fish; keep warm.

Mix cornstarch with  $\frac{1}{4}$  cup water; stir in fish sauce. Add saffron; simmer 2 minutes to thicken. Stir in yogurt; remove from heat. Garnish; serve immediately. Yield 4 servings.

## fish and rice bake

1 pound fish fillets, fresh or frozen  
1 (10 $\frac{3}{4}$ -ounce) can condensed cheddar-cheese soup  
2 cups hot cooked rice ( $\frac{2}{3}$  cup uncooked)  
1 egg, beaten  
2 tablespoons cooking oil or margarine, melted  
1 tablespoon lemon juice  
 $\frac{1}{2}$  teaspoon onion salt

### Paprika

Thaw fish if frozen; cut into 1-inch pieces. Pat dry with paper toweling.

Combine soup, rice, and egg; mix well. Spread in even layer in shallow 1 $\frac{1}{2}$ -quart casserole; top with fish pieces. Drizzle with oil and lemon juice; sprinkle with onion salt. Cover with aluminum foil; crimp to edges of casserole. Bake in 350°F oven about 30 minutes. Uncover; cook 5 to 10 minutes, until hot and bubbly and fish flakes easily. Sprinkle with paprika. Yield 4 servings.

## fish in sweet-and-sour sauce

1 to 1 $\frac{1}{2}$  pounds fish fillet (cod, haddock, or turbot)  
Juice of half a lemon  
2 tablespoons soy sauce

### Salt

3 tablespoons cornstarch

### sweet-and-sour sauce

5 tablespoons vinegar

$\frac{1}{2}$  cup water

6 teaspoons sugar

3 tablespoons soy sauce

3 slices lemon

3 tablespoons cornstarch

Cold water

4 cups oil for frying

Wash fish thoroughly; pat dry. Sprinkle with lemon juice and soy sauce. Cut into 1 $\frac{1}{2}$ -inch-wide strips. Set aside 15 minutes; let marinate. Season to taste with salt; roll in cornstarch.

Prepare sauce. Bring vinegar, water, sugar, soy sauce, and lemon slices to boil over high heat. Reduce heat to lowest point; simmer 20 minutes.

Blend cornstarch with small amount of cold water, add to sauce. Stir until smooth and bubbly.

About 5 minutes before sauce is done, place fish in hot oil; fry about 8 minutes. Fish is done when it floats to surface. Remove fish pieces with slotted spoon; drain on paper towels. Arrange on serving platter; spoon sauce over fish. Serve immediately. Sauce can also be served separately. Yield about 3 or 4 servings.

## florida fish fillets

$\frac{1}{4}$  cup flour

1 teaspoon dillweed

1 teaspoon salt

4 fish fillets, skinned

4 tablespoons butter or margarine

Grapefruit and/or orange rings

Mix flour and seasonings; coat each fillet.



Heat butter in medium skillet; sauté fillets until golden brown on both sides. Remove from skillet to hot platter.

Put grapefruit slices on each fillet. Pour pan gravy over all. Serve at once. Yield 4 servings.

## planked fillets or steaks

2 pounds fish fillets or steaks, fresh or frozen  
2 tablespoons melted butter, margarine, or oil  
2 tablespoons lemon juice  
1 teaspoon salt  
½ teaspoon paprika  
Dash of pepper  
Seasoned hot mashed potatoes  
Seasoned hot cooked vegetables (asparagus, broccoli, carrots, cauliflower, onions, peas, or tomatoes)

Thaw fish if frozen; pat dry with paper toweling. Cut fish into 6 portions. Place in single layer, skin-side-down, on preheated oiled plank or well-greased bake-and-serve platter, 18 × 13 inches.

Combine remaining ingredients, except vegetables; mix well. Pour over fish. Bake in 350°F oven 20 to 25 minutes, until fish flakes easily. Remove from oven; arrange hot mashed potatoes and 2 or more hot vegetables around fish. Garnish with chopped parsley. Yield 6 servings.

## poached fish with avocado sauce

1½ to 2 pounds frozen fish fillets, thawed  
2 onions, thinly sliced  
2 lemons, thinly sliced  
2 tablespoons butter, melted

2 teaspoons salt  
1 bay leaf  
½ teaspoon black pepper  
3 cups water  
1 lemon, cut in half (squeeze 1 half; slice other half)

### avocado sauce

2 mashed avocados  
½ cup sour cream  
2 tablespoons lemon juice  
½ small onion, finely chopped

Pat fillets dry with toweling; cut into serving portions.

Combine onions and lemon slices with butter, salt, bay leaf, and pepper in ovenproof baking dish. Place fillets on top; add water. Cover, cook at 350°F 45 minutes. Before serving, carefully remove fish fillets with slotted spoon or spatula. Place on heated platter. Sprinkle with juice from ½ lemon; garnish with additional lemon slices.

Prepare Avocado Sauce by mixing all sauce ingredients well.

Serve hot fish with sauce, or chill fish and serve cold. Yield 6 servings.

## poached fish fillets in shrimp sauce

### shrimp sauce

1 pound shrimp, cooked  
⅓ cup butter  
⅓ cup all-purpose white flour  
1½ quarts half-and-half cream  
1½ teaspoons paprika  
2 teaspoons salt

*planked fillets or steaks*





- ¼ teaspoon white pepper**
- 1 cup canned mushroom caps**
- 8 large white fish fillets**
- ½ cup milk**
- ½ cup water**
- 1 teaspoon salt**
- ¼ teaspoon white pepper**
- 2 sprigs parsley**

Peel and devein shrimp.

Melt butter in top of double boiler. Stir in flour; gradually add cream. Cook over hot water, stirring frequently, until sauce is thickened. Add paprika, 2 teaspoons salt, ¼ teaspoon pepper, mushrooms, and shrimp. Let simmer in top of double boiler while preparing fish.

Split fillets down centers. Begin at larger end of fillet; roll up. Fasten each with toothpick; place in large skillet. Add milk, water, 1 teaspoon salt, and ¼ teaspoon white pepper. Cover fish tightly; simmer gently 10 minutes. Remove fish to hot platter; remove toothpicks. Cover fish with Shrimp Sauce; garnish with parsley before serving. Yield 8 servings.

*poached fish fillets in shrimp sauce*

## **whitefish in foil**

- 2 pounds whitefish or other fish fillets, fresh or frozen**
- 2 green peppers, sliced**
- 2 onions, sliced**
- ¼ cup butter or margarine, melted**
- 2 tablespoons lemon juice**
- 2 teaspoons salt**
- 1 teaspoon paprika**
- Dash of pepper**

Thaw fillets if frozen; pat dry with paper towel. Cut into serving-size portions. Cut 6 pieces of heavy-duty aluminum foil, 12 × 12 inches each; grease lightly. Place portion of fish, skin-side-down, on foil; top with green peppers and onions.

Combine remaining ingredients; pour sauce over fish. Bring foil up over food; close all edges with tight double folds. Make 6 packages. Place packages on grill about 5-inches from moderately hot coals. Cook 45 to 60 minutes, until fish flakes easily. Yield 6 servings.



# FONDUES

## MAIN DISH

### beef fondue

1 ¼ cups mayonnaisse  
1 ¼ cups pickle relish  
1 tablespoon minced capers  
1 cup minced onions  
1 cup Basic Mustard Sauce (see Index)

1 cup minced black olives  
1 cup Tomato Coulis Sauce (see Index)  
1 (2-pound) beef tenderloin, cut into cubes  
Peanut oil

Salt and freshly ground pepper to taste

Combine ¾ cup mayonnaisse, ¼ cup pickle relish, and capers; place in small serving bowl.

Place onions, Mustard Sauce, olives, remaining mayonnaisse, remaining relish, and Tomato Coulis Sauce in matching serving bowls.



*beef fondue*

## FONDUES • MAIN DISH

### *italian vegetable fondue*

Place beef on platter; place on table as shown in illustration. Place onions, Mustard Sauce, olives, relish mayonnaise, mayonnaise, pickle relish, and Tomato Coulis Sauce around platter.

Fill fondue pot  $\frac{3}{4}$  full with oil; place over high heat on stove until hot. Place over fondue burner. Spear beef cubes with fondue forks; cook in hot oil until of desired doneness. Season with salt and pepper; eat with desired accompaniments. Yield 6 servings.

### italian vegetable fondue

- 1  $\frac{1}{4}$  cups olive oil
- 3 cloves garlic, sliced
- $\frac{1}{2}$  teaspoon freshly ground pepper
- 2 (2-ounce) cans anchovy fillets

Pour oil into fondue pot; add garlic and pepper.

Chop anchovies; add to fondue pot with anchovy oil. Heat until bubbly. Serve as dipping sauce for fresh vegetables such as radishes, carrot sticks, small green onions, and celery strips. Yield 6 servings.

### japanese fondue

#### *bouillon*

- 6 cups chicken bouillon
- 2 carrots
- 1 leek
- 1 stalk celery
- 2 tablespoons coarsely chopped parsley

#### *sauce tartare*

- 5 tablespoons mayonnaise
- 2 tablespoons capers
- 2 tablespoons finely chopped chives
- 2 dill pickles, finely chopped
- 2 teaspoons lemon juice
- 2 tablespoons evaporated milk
- Salt

Pinch of sugar

White pepper

#### *catsup sauce*

- 5 tablespoons mayonnaise
- 2 tablespoons tomato catsup
- 1 teaspoon Worcestershire sauce
- 1 teaspoon (or less) curry powder
- Pinch of sugar
- Salt

- 2 to 2  $\frac{1}{2}$  pounds very lean beef
- 2 cups boiling water

Bring bouillon to boil either in pot placed on burner or in fondue pot.

Chop carrots, leek, and celery; add with chopped parsley to broth. Cook 20 minutes.

To prepare sauce, stir together ingredients until well blended; season to taste.



Thoroughly dry meat with paper towels; cut into thin strips.

Place chicken-vegetable broth on top of burner; make sure it continues to simmer (or leave in fondue pot over low heat). Liquid will evaporate, so it is necessary to add water from time to time.

Each person places piece of meat on fondue fork, puts it in simmering broth 1 to 2 minutes, and dunks it in sauce. Pass each person separate bowl for each sauce; serve with rice. Yield 4 servings.

### swiss fondue

- $\frac{3}{4}$  pound Swiss cheese
- 1 tablespoon all-purpose flour
- 1  $\frac{1}{4}$  cloves garlic
- 1  $\frac{1}{4}$  cups sauterne
- Dash of pepper
- Dash of nutmeg
- 3 tablespoons kirsch brandy
- Salt to taste

Cut cheese into thin strips; place in bag. Add flour; toss well until cheese is coated.

Split garlic clove in half; rub inside of fondue pot well with cut sides of both halves. Press  $\frac{1}{4}$  clove garlic; place in fondue pot. Add sauterne; place over flame. Heat until bubbles start to rise; do not cover or boil. Add cheese gradually; cook over low flame, stirring constantly, until melted. Stir in pepper, nutmeg, and kirsch. Add warmed sauterne if mixture becomes too thick. Serve with French-bread cubes, cauliflower florets, mushrooms, and rolled pepperoni slices for dipping. Yield 6 servings.





## tomato fondue with frankfurters

1 clove garlic  
 2 cups grated cheddar or American cheese  
 ½ cup grated Gruyère cheese  
 ½ cup condensed tomato soup  
 1 teaspoon Worcestershire sauce  
 3 tablespoons dry sherry  
 1 small can cocktail frankfurters  
 French bread

*swiss fondue*

Rub inside of fondue pot with cut garlic clove. Put in cheeses, soup, and Worcestershire sauce; stir continuously over low heat until cheese has melted and mixture is creamy. Stir in sherry; cook 2 to 3 minutes. Adjust seasoning before serving.

Frankfurters are speared onto fondue forks and dipped into fondue. Serve with plenty of French bread. Yield 2 or 3 servings.

## FONDUES • DESSERT



*tomato fondue with frankfurters*

### DESSERT chocolate fondue

12 ounces chocolate (any plain chocolate bar will do)

$\frac{3}{4}$  cup cream

1 to 2 tablespoons brandy or kirsch, or

2 teaspoons instant coffee

**Dippers**

Melt chocolate and cream in heavy saucepan over low heat; stir until smooth. Remove from heat; stir in flavoring. Yield 6 to 8 servings.

*dippers*

Apple wedges

Sliced bananas

Pieces of cake (pound or angel food)

Mandarin-orange segments

Marshmallows

Pineapple chunks



# FRITTERS

## assorted vegetable fritters

**1 small eggplant**

**1 recipe Basic Fritter Batter (see Index)**

**1 zucchini, cut into ¼-inch slices**

**1 small cauliflower, separated into florets**

Thinly slice eggplant; dip into batter one slice at a time. Drop several at a time into hot (370°F) oil in deep-fat fryer; brown on one side. Turn; brown other side. Remove with slotted spoon; drain on paper toweling. Place on oven-proof platter; keep warm until zucchini and cauliflower are cooked in same manner. (These can also be served for hors d'oeuvres.) Yield 6 to 8 servings.

## basic fritter batter

**1½ cups sifted all-purpose flour**

**1 teaspoon salt**

**2 tablespoons oil**

**1 egg, well beaten**

Sift flour and salt together into medium bowl. Add oil, egg, and about 1 cup cold water, enough to make thick batter. If batter does not adhere to vegetables, add 1 or 2 tablespoons water to batter. Yield about 2 cups.

## carrot fritters

**1 bunch carrots or 2 (1-pound) cans sliced carrots**

**1 egg**

*assorted vegetable fritters*



## FRITTERS

**1 tablespoon sugar**  
**3 tablespoons flour**  
**Salt and pepper to taste**  
**1 teaspoon baking powder**  
**Fat for deep-frying**

If using raw carrots, cook in small amount of water until very tender; mash fine. When pasty, add egg and sugar. Add flour, salt, pepper, and baking powder; stir until well blended. Drop by spoonfuls into deep fat; they will brown quickly when fat is correct temperature. Drain on paper towels; keep warm until all are done. Serve at once. Yield 6 to 8 servings.

### cheese fritters

**1 egg, beaten**  
**½ cup milk**  
**1 teaspoon Worcestershire sauce**  
**1 small onion, finely minced**  
**Dash of hot pepper (optional)**  
**2 cups biscuit mix**  
**1½ cups diced American cheese**  
**Fat for deep-frying**  
**Jelly or jam**

Mix egg, milk, Worcestershire sauce, onion, pepper, and prepared biscuit mix in bowl; blend well. Stir in cheese.

Preheat fat in skillet; drop mixture by teaspoonfuls into hot fat. Fry until golden brown; drain on paper towels. Serve next to dish of jelly or jam for dipping. Yield about 40 small fritters.

### corn fritters

**1 (1-pound) can whole-kernel corn, drained**  
**1 egg**  
**½ teaspoon salt**  
**¼ cup milk**  
**1 cup flour**  
**2 teaspoons baking powder**  
**2 teaspoons melted butter**  
**½ teaspoon sugar**  
**Fat for deep-frying**

While corn is draining, mix egg, salt, milk, flour, baking powder, butter, and sugar. Stir with long-handled wooden spoon. Add corn; let sit 5 minutes. Drop by teaspoonfuls into hot fat; cook until puffy and golden brown. Drain on paper towelings; transfer to warm platter. Yield 4 to 6 servings.

### mushroom fritters with rémoulade sauce

**½ pound small fresh mushrooms\***  
**1 recipe Basic Fritter Batter (see Index)**  
**1 recipe Basic Rémoulade Sauce (see Index)**

Remove stems from mushrooms; dip in batter to coat entire surface. Drop into hot (370°F) oil in deep-fat fryer; fry until lightly browned on all sides. Remove from fat; drain on paper towelings. Serve with Basic Rémoulade Sauce. Yield about 6 servings.

\*Drained canned button mushrooms can be used in place of fresh mushrooms.

### shrimp fritters

**tomato sauce**  
**2 tablespoons olive oil**  
**1 medium onion, chopped**  
**1 clove garlic, minced**  
**1 (10-ounce) can tomatoes and green chilies**  
**½ teaspoon salt**  
**¼ teaspoon pepper**

#### *fritters*

**4 eggs, separated**  
**½ teaspoon salt**  
**¼ teaspoon celery salt**  
**2 teaspoons dried parsley flakes**  
**2 tablespoons flour**  
**1 cup well-drained chopped cooked shrimp (fresh, frozen, or canned)**  
**Oil for frying**

Make sauce; keep warm while making fritters. Heat oil in medium saucepan. Add onion and garlic; sauté until limp. Add tomatoes and chilies, and seasonings; bring to boil. Reduce heat to simmer; cover. Cook 20 minutes.

Meanwhile, beat egg whites until stiff.

Beat egg yolks, salt, celery salt, parsley flakes, and flour. Fold into egg whites. Fold in shrimp.

In heavy skillet or deep fryer heat at least 1 inch oil to 365°F. Fry fritters a few at a time (using ¼ cup batter for each fritter) until golden; drain well. (Substitute clams for shrimp for clam fritters.) Serve immediately with Tomato Sauce. Yield 4 servings.



# FROSTINGS—ICINGS

## basic butter cream I

$\frac{3}{4}$  cup unsalted butter, softened  
 $3\frac{3}{4}$  cups (scant) sifted confectioners' sugar  
1 egg yolk  
1 teaspoon orange-flower water plus 1 teaspoon  
rose water or  
1 teaspoon vanilla extract

Cream butter in medium-size mixing bowl with electric mixer at medium speed 2 minutes or until light and fluffy. Add half the confectioners' sugar and egg yolk; beat thoroughly. Add remaining sugar, orange-flower and rose water; beat until thoroughly combined. Yield enough to frost two-layer cake.

## basic butter cream II

3 egg yolks  
 $1\frac{1}{4}$  cups sifted confectioner's sugar  
 $\frac{1}{2}$  cup butter, softened

Place egg yolks in medium-size mixing bowl. Add confectioners' sugar; blend well with wooden spoon. Place bowl over hot water at medium heat; stir until mixture is very thick and creamy and free from streaks. Remove from hot water. Place bowl in pan of ice; stir until cool.

Cream butter until smooth; whip into sugar mixture a spoonful at a time with electric mixer at medium speed until well blended. Yield enough to frost two-layer cake.

## basic confectioners' icing

5 cups sifted confectioners' sugar  
Water

### Food Coloring

Place sugar in large mixing bowl; stir in small amount of water at a time to reach easy spreading consistency. If icing becomes too thin, add more sugar to thicken. Stir in desired food coloring if desired. Yield enough for 9-inch layer cake.

## basic fondant icing

2 (1-pound) boxes confectioners' sugar  
 $\frac{1}{2}$  cup white corn syrup  
2 egg whites

*basic fondant icing*



## FROSTINGS—ICINGS

**1 teaspoon vanilla extract**

### **Cornstarch**

Sift sugar into large bowl.

Heat syrup in small pan over hot water.

Make well in sugar; add syrup, egg whites, and vanilla. Mix with wooden spoon until smooth.

Sift additional confectioners' sugar onto clean working surface. Place fondant on sugar; knead until of smooth dough-like consistency. Add sugar as needed to keep fondant from sticking.

Sift cornstarch over working surface; roll fondant to ¼-inch thick. Trim to fit cake; place over top. Decorate with desired cut-out designs. For green peppermint icing, add 4 drops peppermint oil and 6 drops green food coloring when vanilla is added. Yield enough for 2-layer cake.

### **butter-cream frosting**

**½ cup butter**

**4 cups confectioners' sugar, sifted**

**1 egg**

**⅓ teaspoon salt**

**1 teaspoon vanilla extract**

**2 tablespoons light cream**

Cream butter until light and fluffy. Gradually add half the sugar; beat well after each addition. Blend in egg, salt, and vanilla. Add remaining sugar alternately with cream; beat until smooth after each addition. Yield 2½ cups; enough for 2 layers, 36 cupcakes, or 2 (9-inch) square cakes.

### **chocolate butter cream**

Add 3 squares melted unsweetened baking chocolate with first addition of sugar; increase cream to 4 tablespoons.

### **mocha butter cream**

Add 1 tablespoon instant coffee with egg.

### **orange or lemon butter cream.**

Substitute 2 tablespoons orange or lemon juice for cream. Omit vanilla; add 1 tablespoon finely grated orange or lemon rind.

### **butterscotch frosting**

**3 tablespoons sweet (unsalted) butter**

**2 cups confectioners' sugar**

**1½ tablespoons milk**

**½ teaspoon vanilla extract**

**½ cup ground pecans**

Put butter into pan; heat slowly and carefully until it just begins to brown. Stir in sugar. Remove from stove; add milk and vanilla. Stir until smooth; add nuts. Yield enough for tops of 2 (8 inch) layers, 18 cupcakes, or 8 × 8 × 2-inch cake.

### **cream-cheese frosting**

**3 ounces cream cheese, softened**

**2 tablespoons butter**

**½ teaspoon vanilla flavoring**

**1¼ cups confectioners' sugar**

Beat cream cheese, butter, and vanilla until smooth. Gradually add sugar; beat until fluffy. Yield 1 cup.

### **creamy chocolate frosting**

**2 squares baking chocolate**

**½ cup milk**

**1½ cups sugar**

**2 egg yolks, beaten**

**1 tablespoon butter**

**1 teaspoon vanilla extract**

Put chocolate and milk into pan; stir over low heat until chocolate has melted.

Mix sugar with egg yolks; add to chocolate mixture. Cook gently 10 minutes; stir frequently. Add butter and vanilla; leave until lukewarm. Beat until thick enough to spread. Yield enough for top and sides of 8-inch-square cake or tops of 2 (9-inch) layers.

### **marshmallow icing**

**1 cup sugar**

**⅓ cup water**

**2 egg whites, stiffly beaten**

**⅓ teaspoon cream of tartar**

**1½ teaspoons vanilla**

Boil sugar and water; add slowly to egg whites. While still warm, add cream of tartar and vanilla; beat until bowl is cool. Yield enough for 1 cake.

### **mocha butter cream**

**1 cup butter, softened**

**6 cups sifted confectioners' sugar**

**3 egg yolks**

**¼ cup Basic Coffee Syrup (see Index)**

**2 squares semisweet chocolate, melted**

Cream butter in large mixing bowl with electric mixer until light and fluffy. Add half the sugar; beat until smooth. Add egg yolks; blend well. Mix in remaining confectioners' sugar. Add Coffee Syrup and chocolate; beat until well combined and fluffy. Yield enough to fill, frost, and decorate 9-inch cake.

### **seven-minute frosting**

**2 egg whites**

**⅓ teaspoon salt**

**1½ cups sugar**





*mocha butter cream*

**½ cup cold water**

**1 tablespoon light corn syrup**

**1½ teaspoons vanilla extract**

Put egg whites, salt, sugar, and water in top of double boiler; add corn syrup. Have water in lower pan just below boiling. Beat with electric or rotary beater 7 minutes or until frosting thickens and holds its shape when dropped from beater. Turn into bowl; add vanilla. Beat until thick enough to spread. Cool a few minutes before using, so frosting does not sink into cake. Yield enough for 2 layers, 9-inch-square cake, or 24 cupcakes.

### ***chocolate frosting***

Melt 3 squares baking chocolate; cool. Stir into frosting just before spreading on cake.

### ***fluffy lemon frosting***

Omit corn syrup; substitute 2 tablespoons lemon juice for 2 tablespoons water. Add a little grated lemon rind.

### ***sea-foam frosting***

Substitute 2 cups brown sugar for white sugar; omit corn syrup.

## **special chocolate icing**

**½ cup light corn syrup**

**6 tablespoons water**

**5 tablespoons butter**

**1 (12-ounce) package semisweet chocolate bits**

Combine corn syrup, water, and butter in saucepan. Bring to rapid boil, stirring until butter is melted. Remove from heat; add chocolate. Stir until chocolate is completely melted. Cool to room temperature before pouring over cake, petit fours, or desired dessert to glaze; chill until set. Yield about 2½ cups.

*special chocolate icing*

# GLAZES AND SYRUPS

## anglais glaze

1 egg  
1 teaspoon vegetable oil  
½ teaspoon salt  
¼ teaspoon white pepper

Combine all ingredients; beat well. Strain before using. Used on savory or non-sweet foods.

## apricot glaze

1 cup apricot jam  
1¼ cups water  
¾ cup sugar

Combine all ingredients in small heavy saucepan; heat until jam is dissolved, stirring constantly. Bring to slow, rolling boil; cook until thickened. Strain through sieve.

## basic coffee syrup I

5 cups brewed coffee

Place coffee in heavy saucepan; bring to vigorous boil. Reduce heat slightly; boil slowly 25 to 30 minutes, until reduced to ½ cup syrup. Cool; store in covered jar to use as needed. Yield ½ cup.

## basic coffee syrup II

2 tablespoons instant coffee  
½ cup boiling water

Dissolve coffee in boiling water. Cool; store in covered jar. Yield ½ cup.

## basic sugar syrup

6 cups water  
8½ cups sugar

Place water and sugar in large pot over low heat; heat until sugar is dissolved. Raise to slow, rolling boil; reduce temperature. Simmer 3 minutes; chill. Bottle; store.

## cream glaze

1 pound powdered sugar  
1 tablespoon cornstarch  
1 tablespoon cream  
1 teaspoon vanilla  
2 tablespoons water (approximately)

Combine sugar, cornstarch, cream, and vanilla. Add water to make mixture of medium consistency.

## egg wash

1 egg white  
1 teaspoon salt

Combine egg white and salt; beat with fork until foamy. Used for crisp tops on savory breads.

## egg-white glaze

1 egg white  
Extra-fine sugar to taste

Brush egg white over surface of food to be glazed; sprinkle with sugar. Used on sweet foods to produce a crisp top.

## lemon glaze

2 cups confectioners' sugar  
1 tablespoon cornstarch  
3 tablespoons milk  
2 tablespoons lemon juice  
1 teaspoon vanilla

Combine dry ingredients. Slowly add liquids; beat constantly until smooth. Yield ¾ cup.

## milk glaze

2 cups confectioners' sugar, sifted  
2 to 3 tablespoons canned milk  
1 teaspoon vanilla

Combine ingredients; beat until smooth. Yield approximately ¾ cup.

## plain glaze

1 egg  
1 teaspoon vegetable oil

Combine ingredients; beat well. Strain before using. Used on most sweet items, except those you want to have a crisp finish.

## red currant jelly glaze

1 (10-ounce) jar red currant jelly  
¼ cup ruby port

Combine jelly and port in small saucepan. Place over low heat; stir until jelly is melted.

## rum glaze

¼ cup water  
1 cup confectioners' sugar  
1 teaspoon rum flavoring

Combine all ingredients; mix well. Yield approximately 1 cup.



# GOOSE

## goose with chestnut and liver stuffing

2 pounds chestnuts  
2 cups stock  
6 apples  
2 onions, chopped  
1 goose liver  
1 tablespoon butter  
2 cups bread crumbs  
2 tablespoons chopped parsley  
1 tablespoon mixed thyme and marjoram  
Grated rind of  $\frac{1}{2}$  lemon  
Salt and pepper  
1 (8 to 10 pound) goose  
2 tablespoons flour  
4 to 6 tablespoons oil  
2 tablespoons red currant jelly  
Juice of  $\frac{1}{2}$  lemon  
1 $\frac{1}{2}$  cups cider or stock

Prepare stuffing. Put chestnuts in boiling water 5 to 6 minutes, until both outer shell and inner skin can be removed. Keep chestnuts hot while peeling. Cover nuts with stock; simmer until tender. Drain; let cool. Reserve stock for moistening stuffing.

Peel and chop apples. Add onions; cook 3 to 4 minutes. Mix in chestnuts.

Cook liver in butter; when firm, chop; add to stuffing with 1 to 2 cups bread crumbs. Add parsley, thyme, marjoram, lemon rind, salt, and pep-

per; mix together. Add enough stock to make moist but firm mixture. Stuff goose; sew up opening. Prick goose all over lightly with sharp fork; sprinkle with 1 tablespoon flour and seasoning.

Heat oil in roasting pan. Put goose into pan, on rack, if possible, to allow fat to drain; roast in preheated 400°F oven 20 to 25 minutes per pound. Baste every 20 minutes; turn from side to side. Reduce heat slightly after first 20 minutes. For last 30 minutes pour off most of fat. Place bird breast-up; allow to brown. Raise heat again if breast is not becoming crisp and brown. Test with skewer in thick part of leg to see if cooked. When done, remove to serving dish; keep warm while making gravy.

Skim off remaining fat from roasting pan. Sprinkle in 1 tablespoon flour; blend with roasting juices in pan. Add jelly and lemon juice; stir in well. Add cider; bring to boil. Cook 2 to 3 minutes; strain. Season to taste; serve hot with goose. Yield 6 to 8 servings.

## goose with potato stuffing

1 (8- to 9-pound) young goose, thawed if frozen

### potato stuffing

3 medium potatoes (approximately 1 pound),  
peeled

1 $\frac{1}{2}$  teaspoons salt

$\frac{1}{4}$  pound lean salt pork, diced

$\frac{1}{4}$  cup finely chopped onion

*goose with chestnut and liver stuffing*







*goose with potato stuffing*

**¼ pound bulk sausage**  
**¼ cup butter or margarine**  
**1 egg**  
**½ teaspoon pepper**

**1 teaspoon crumbled sage leaves**

Remove giblets from goose; wash well. Pat dry with paper towels. Salt lightly inside and out; set aside while making stuffing.

Place potatoes in medium saucepan; cover with cold water. Add ½ teaspoon salt; bring to boil over moderate heat. Cover; cook on low 20 to 30 minutes or until tender. Drain; place tea towel over pan. Steam gently a few minutes.

Meanwhile, cook salt pork in heavy skillet over moderate heat until lightly browned. Remove with slotted spoon; reserve.

Add onion to skillet; cook until tender. Remove with slotted spoon; add to salt pork.

Add sausage to skillet; cook until lightly browned, breaking into small chunks as sausage cooks. Remove with slotted spoon; add to salt-pork mixture.

Put potatoes through ricer or food mill or mash with potato masher.

Combine salt-pork mixture, potatoes, and remaining stuffing ingredients; mix well. Allow to cool.

Stuff goose with potato mixture; truss bird. Place in open roasting pan, breast-side-up, on rack or trivet. Prick well on legs and wing joints to release fat. Roast in preheated 325°F oven 2 to 2½ hours, until leg joint moves easily. Let stand 15 to 20 minutes before carving. Carve; remove dressing to serving dish. Serve with applesauce. Yield 6 servings.



# GRAVY

## fish sauce or gravy

2 tablespoons butter  
2 tablespoons flour  
1½ cups milk, scalded  
½ cup Basic Fish Stock (see Index)  
2 tablespoons lemon juice  
1 egg yolk

Melt butter; gradually add flour and heated milk. Add fish stock and lemon juice just before removing from heat. Just before serving, beat sauce into egg yolk. Serve hot. One tablespoon catsup can be added, if desired. Bottled clam broth can be used as a substitute for fish stock in most dishes.

## giblet gravy

Remove turkey from pan. Skim off excess fat; leave drippings. Sprinkle 4 to 6 tablespoons flour or 2 to 3 tablespoons cornstarch into pan; stir to incorporate brown bits. Stir in finely minced giblets from broth. Gradually add 3 to 4½ cups strained turkey broth. Add sage, salt, pepper, and

Worcestershire sauce to taste. Bring to boil, stirring until thickened and well blended.

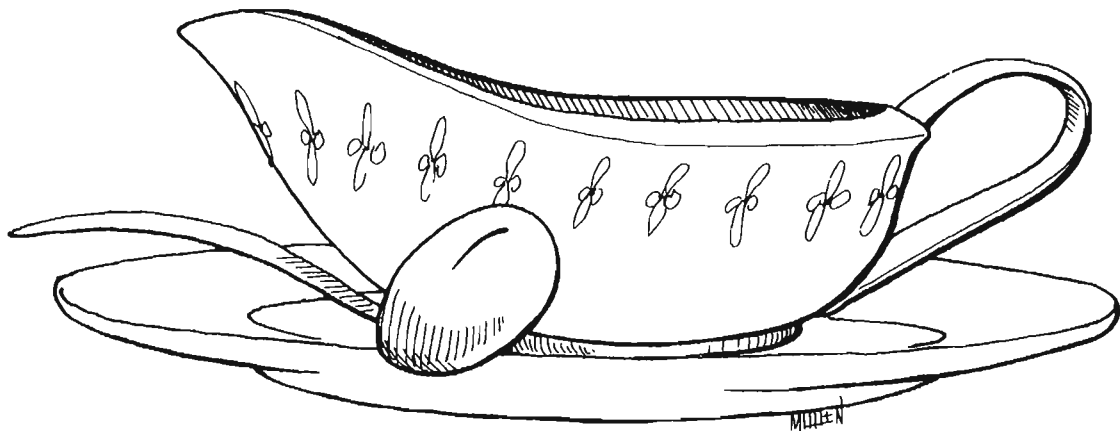
## gravy

For thin gravy use 1 tablespoon each flour and fat or drippings to each cup of liquid. For medium gravy use 2 tablespoons flour and 1 or 2 tablespoons fat or drippings, as desired. If drippings are scant, add bouillon cube or a little meat extract to liquid.

method 1 (Use with fat or with drippings containing only fat and browned crusty bits.) Measure fat or drippings. Stir flour into fat; brown over low heat. Add liquid slowly; stir constantly. Cook until thickened; stir occasionally. Season to taste.

method 2 (Use with fat or drippings containing considerable amount of liquid.) Measure drippings; if necessary add water to make desired amount of liquid. Heat.

Combine flour with equal amount cold water by stirring or shaking until smooth; stir slowly into hot liquid. Cook until thickened, stir occasionally. Season to taste.



# HAM

## baked glazed ham

1 (2- to 3-pound) canned ham  
2 tablespoons honey  
Grated rind of 1 orange  
1 teaspoon dry mustard  
4 tablespoons brown sugar  
½ cup cider or pineapple juice  
1 tablespoon butter  
1 small can pineapple rings  
Dusting of sugar  
6 to 8 canned sweet cherries

Scrape jelly off ham; reserve. Place in baking pan.

Melt honey; spread over surface of ham.

Mix orange rind, mustard, and brown sugar together; sprinkle over surface of meat. Pour cider over ham. Add jelly from ham; baste very gently over ham without disturbing sugar coating. Bake in preheated 400°F oven 30 minutes; baste after 15 minutes.

Melt butter in frying pan.

Sprinkle pineapple slices with sugar; brown in butter on both sides. Serve around ham with cherries in center of each ring.

Use liquid from baking pan to make sauce; add water and squeeze of lemon if too sweet. Yield 4 to 6 servings.

## baked ham party-style

1 (6- to 8-pound) canned, cooked boned ham  
1 unpeeled orange, thinly sliced  
Juice of 1 orange  
¼ cup anise-flavored liqueur  
½ cup packed brown sugar  
¼ cup dried currants  
¼ teaspoon ground ginger  
1 tablespoon vinegar  
1 tablespoon mustard  
1 teaspoon Worcestershire sauce  
½ cup water

Heat ham in oven according to package directions.

Set orange slices to side.

Blend remaining ingredients in blender. Heat in skillet; spoon over ham. Bake ½ hour or until glazed; baste with seasoning mixture. Arrange orange slices over ham; garnish with watercress. Yield 12 or more servings.

## baked ham slice

1 (1- to 1½-inch-thick) center ham slice  
½ cup dark brown sugar  
Whole cloves  
1 cup milk

Place ham in greased baking pan. Spread brown sugar on top; stud with cloves. Pour milk around sides. Bake in preheated 325°F oven 1 hour or until tender.

Pears (cored and halved lengthwise) cooked with ham during last 30 minutes make an attractive garnish. Yield 4 to 6 servings.

## barbecued ham slices

Ask butcher for individual ham slices weighing 5 to 6 ounces each; allow 1 slice per person.

Using kitchen scissors or sharp knife, cut through rind and fat all around. This will prevent ham from curling. Arrange slices on part of barbecue that is not too hot. Cook about 20 to 30 minutes; turn frequently. Slices of pineapple or apricot halves go well with ham. Yield 1 slice per person.

## country ham with redeye gravy

6 ham slices, about ½-inch-thick  
¾ cup strong black coffee

Fry ham slices 1 or 2 at a time, depending on skillet size, over medium-high heat. Fry 5 to 6 minutes per side. When done, remove to heated platter.

Pour off all but about 3 tablespoons fat in skillet. Brown remaining drippings; add coffee. Be sure to scrape up pan scrapings (these are the redeyes); bring to boil. Gravy can be spooned over ham or served separately. Serve with hot grits or biscuits to absorb gravy. Yield 6 servings.

## glazed ham and rice loaf

1½ pounds cooked ham, ground  
1½ cups cooked white rice  
1½ cups soft bread crumbs  
1½ teaspoons dry mustard  
1½ cups milk





*barbecued ham slices*

**4 eggs, beaten light and frothy**

**glaze**

**½ cup currant jelly**

**⅓ cup prepared mustard**

Mix all ingredients except glaze in large bowl; make high rounded loaf. Place in 13 × 9 × 2-inch baking dish. Bake, uncovered, at 350°F 50 minutes.

Prepare glaze by thoroughly mixing jelly and mustard together until pasty and smooth.

After loaf has baked 50 minutes, liberally brush all over with glaze. Bake, uncovered, 20 minutes or until glaze is "glistening brown." Let cool 20 minutes before slicing. Yield 6 to 8 servings.

## grilled ham with raisin and cranberry sauce

**1½ to 2 pounds 1-inch-thick ham slices**

**Few cloves**

**½ cup brown sugar**

**2 tablespoons cornstarch**

**1½ cups cranberry juice**

**½ cup orange juice**

**½ cup seeded or seedless raisins**

Score fat edges of ham at intervals of about 2 inches; insert 2 or 3 cloves in fat.

Mix sugar and cornstarch smoothly with cranberry juice; put into pan. Add orange juice and raisins; bring to boil. Stir constantly until mixture thickens.

Put ham on grid over hot coals away from hottest part; cook about 15 minutes. Turn; brush liberally with glaze. Cook 10 minutes. Turn; brush other side. (Can be put on broiler rack in open pan 3 inches below unit. Allow 10 to 12 minutes on each side; brush with glaze as above.) Brush again just before serving; serve any remaining glaze with ham. Yield 4 or 5 servings.

## ham hocks in sauerkraut polish-style

**3 large ham hocks**

**2 cups sauerkraut**

**1 large onion, sliced into thin rings**

**1 tablespoon granulated sugar**

**¼ teaspoon black pepper**

Cover ham with water. Simmer 1 hour; drain. Add sauerkraut, onion, sugar, and pepper; return







to heat. Simmer 1 ½ to 2 hours, until meat falls off bone. Yield 4 servings.

## ham in madeira wine

**1 (12-pound) smoked ham**  
**4 bay leaves**  
**8 peppercorns**  
**8 whole cloves**  
**1 bottle Madeira wine**

Soak ham in cold water overnight. In large pot cover drained ham with boiling water. Add bay leaves, peppercorns, and cloves. Cook slowly 2 ½ hours; drain off liquid. Pour wine over ham. Simmer at least ½ hour; baste if necessary. Slice; serve.

If wine sauce is desired with ham, slightly thicken 2 cups of wine liquid. Yield 20 or more servings.

## ham rolls (cold)

**½ cup rice**  
**Chicken stock or water**  
**1 bay leaf**  
**1 tablespoon oil**  
**2 tablespoons butter**  
**½ small onion, peeled, finely chopped**  
**1 small apple, peeled, cored, chopped**  
**1 ½ teaspoons curry powder**  
**4 tablespoons light cream**  
**Grated rind of 1 lemon**  
**2 tablespoons lemon juice**  
**2 tablespoons chopped cooked ham**  
**2 tablespoons chopped red pepper**  
**8 slices cooked ham**  
**Lettuce**  
**Black olives and canned pimiento (garnish)**

Cook rice in 1 cup boiling stock or salted water with bay leaf in small saucepan 12 minutes; drain. While still hot, stir in oil; make sure rice is well

*ham rolls*



## HAM

coated.

Heat butter in skillet. Add onion and apple; cook 5 minutes. Stir in curry powder; cook few minutes. Remove from heat; add cream, lemon rind and juice, chopped ham, red pepper, and rice. Set aside about 1 hour to chill.

Roll mixture in slices of ham; secure with cocktail stick or toothpick if necessary. Arrange on bed of lettuce; garnish with olives and strips of pimiento. More simply, put on platter; garnish with watercress. Serve as appetizer or luncheon dish. Yield 4 servings.

### ham shortcake

1 cup cut-up ham

3 tablespoons fat (bacon drippings, ham fat, or other)

¼ cup flour

2½ cups milk

¼ teaspoon mustard

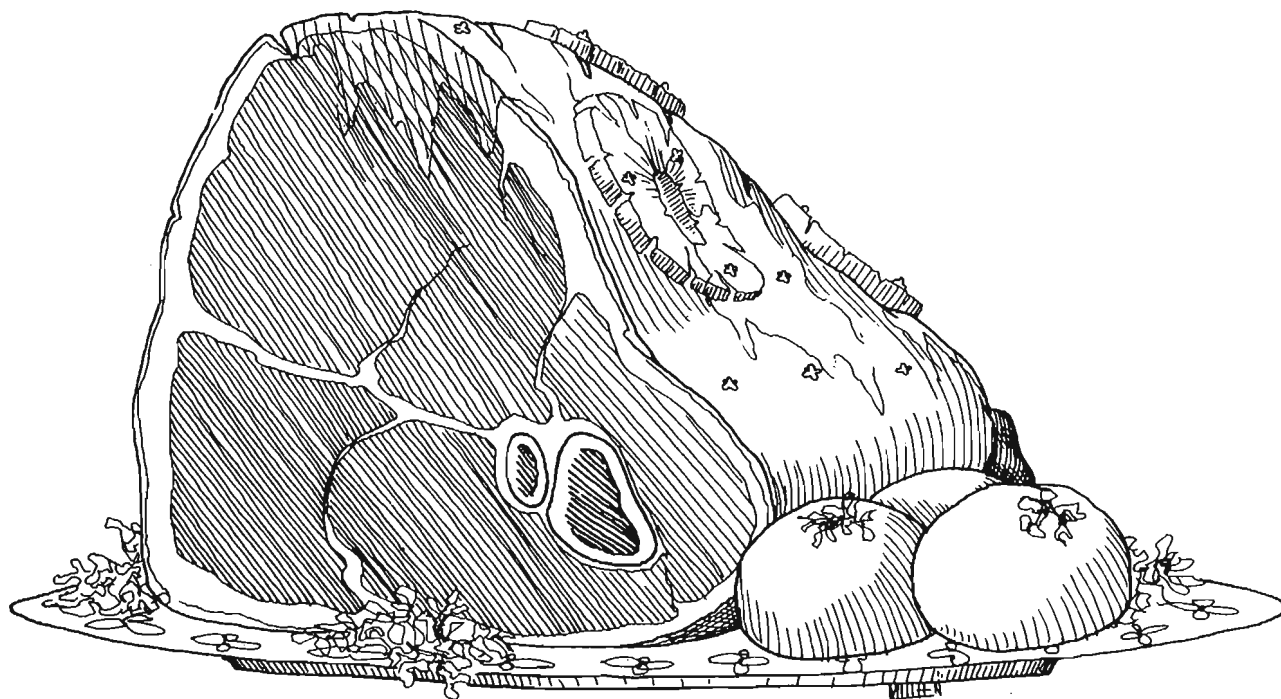
½ teaspoon salt

Celery salt to taste

4 hard-boiled eggs, cut into fourths

Hot biscuits

Brown ham slightly in fat. (Cook well if uncooked ham is used.) Stir in flour; add milk. Cook and stir until thickened. Stir in mustard, salt, and celery salt; add eggs. Heat just until hot; stir only to keep from sticking. Serve over hot split biscuits. Yield 8 servings.





## **cornish hens german-style**

**1 small cornish hen, split, or 2 chicken-breast halves**  
**1 lemon**  
**3 tablespoons cracker crumbs or unseasoned bread crumbs**  
**2 tablespoons grated Parmesan cheese**  
**¼ teaspoon ground ginger**  
**Salt and pepper to taste**

Sprinkle poultry with juice of half the lemon.

Combine crumbs, cheese, ginger, salt, and pepper in paper bag. Add poultry; shake until coated. Arrange poultry skin-side-up on shallow roasting pan. Place in preheated 350°F oven. Bake, without turning, until golden and tender, 45 to 50 minutes. Garnish with thin lemon slices, or serve with lemon wedges (and parsley, if desired). Recipe can be doubled or tripled. Yield 2 servings.

## **cornish hens with plum sauce**

**4 large Cornish hens**  
**Salt and freshly ground pepper to taste**  
**4 large oranges**  
**1 (1-pound) can purple plums**  
**¼ cup butter**  
**¼ cup minced onion**  
**1 teaspoon ginger**  
**1 teaspoon Worcestershire sauce**  
**1½ teaspoons prepared mustard**  
**⅓ cup chili sauce**  
**¼ cup soy sauce**  
**1 (6-ounce) can frozen lemonade concentrate**  
**¼ cup shredded coconut**

Cut hens in half lengthwise; sprinkle with salt and pepper.

Slice unpeeled oranges; remove seeds. Place in 2 shallow, oblong baking pans. Place 4 hen halves, skin-side-up, in each baking pan on oranges. Bake in preheated 350°F oven 45 minutes.

Drain plums; remove seeds. Place in blender or food-processor container; process until pureed.

Melt butter in medium-size saucepan; add onion. Cook over low heat, stirring constantly, until onion is golden. Add ginger, Worcestershire sauce, mustard, chili sauce, soy sauce, lemonade, and plums; bring to boil. Stir until lemonade is thawed; reduce heat. Simmer 15 minutes; stir oc-

asionally. Spoon sauce over hens. Bake 30 to 45 minutes, until hens are tender; baste frequently with plum sauce. Remove hens with orange slices to serving platter; sprinkle with coconut. Serve remaining sauce with hens. Yield 4 to 6 servings.

## **roast cornish hens with savory stuffing**

**4 Cornish hens, approximately 1 pound each**  
**8 thick slices home-style white bread**  
**1½ tablespoons parsley flakes**  
**¾ teaspoon salt**  
**½ teaspoon poultry seasoning**  
**¼ teaspoon freshly ground pepper**  
**¾ cup butter**  
**1 cup finely chopped onions**  
**4 livers from Cornish hens**  
**Salt and pepper**  
**3 tablespoons melted butter**

Remove giblet packs from hens; reserve livers. Wash hens; pat dry.

Cut crusts from bread; cut into ½-inch cubes. Place on cookie sheet. Bake at 350°F until golden; stir occasionally. Remove from oven. Combine with parsley, ¾ teaspoon salt, poultry seasoning, and ¼ teaspoon pepper; set aside.

Melt ¾ cup butter in heavy skillet. Add onions and livers; cook until livers are lightly browned and onions tender. Remove livers; chop. Add livers, onions, and butter from pan to bread cubes; toss to mix well.

Salt and pepper hens lightly. Pack tightly with stuffing; truss. Place in ovenproof baking dish, breast-side-up; brush with melted butter. Roast at 375°F. Turn every 15 minutes; baste with butter and pan juices. Cook a total of 45 minutes to 1 hour, until juices run clear when tip of knife is inserted in hen. Serve hot with wild rice and green vegetable. Yield 4 servings.

## **roast guinea hen**

**2 (2- to 3-pound) dressed guinea hens**  
**1½ teaspoons salt**  
**1 lemon, quartered**  
**2 small onions**  
**4 slices country-style bacon, sliced**

Rub hens inside and out with salt and lemon wedges. Insert an onion in each hen; place bacon over backs of hens. Roast in 325°F oven 40 minutes back-sides-up. Turn hens over in roasting pan; rearrange bacon over breasts of hens. Cook 35 to 40 minutes or until fork-tender. Yield 4 servings.

# JELLIES

## ambrosia conserve

2 medium oranges  
1 large ripe pineapple  
6 cooking apples  
2 cups water  
1 cup raisins  
6 cups sugar  
1 cup flaked coconut

Remove outer peel of oranges with vegetable peeler; cut peel into thin slivers with knife or scissors. Remove white membrane from oranges. Section oranges; remove seeds. Cut oranges into small pieces.

Pare pineapple; remove core. Cut into small cubes.

Peel, core, and chop apples.

Combine orange rind and pulp, pineapple, apples, and water in large kettle; bring to boil. Reduce heat; simmer, covered, 10 minutes. Add raisins and sugar; cook over moderate heat, stirring, until sugar dissolves. Add coconut; boil rapidly, stirring constantly, 20 to 30 minutes or until mixture sheets from spoon. Remove from heat; and skim off foam quickly. Immediately ladle into hot sterilized pint jars; fill to within  $\frac{1}{8}$ -

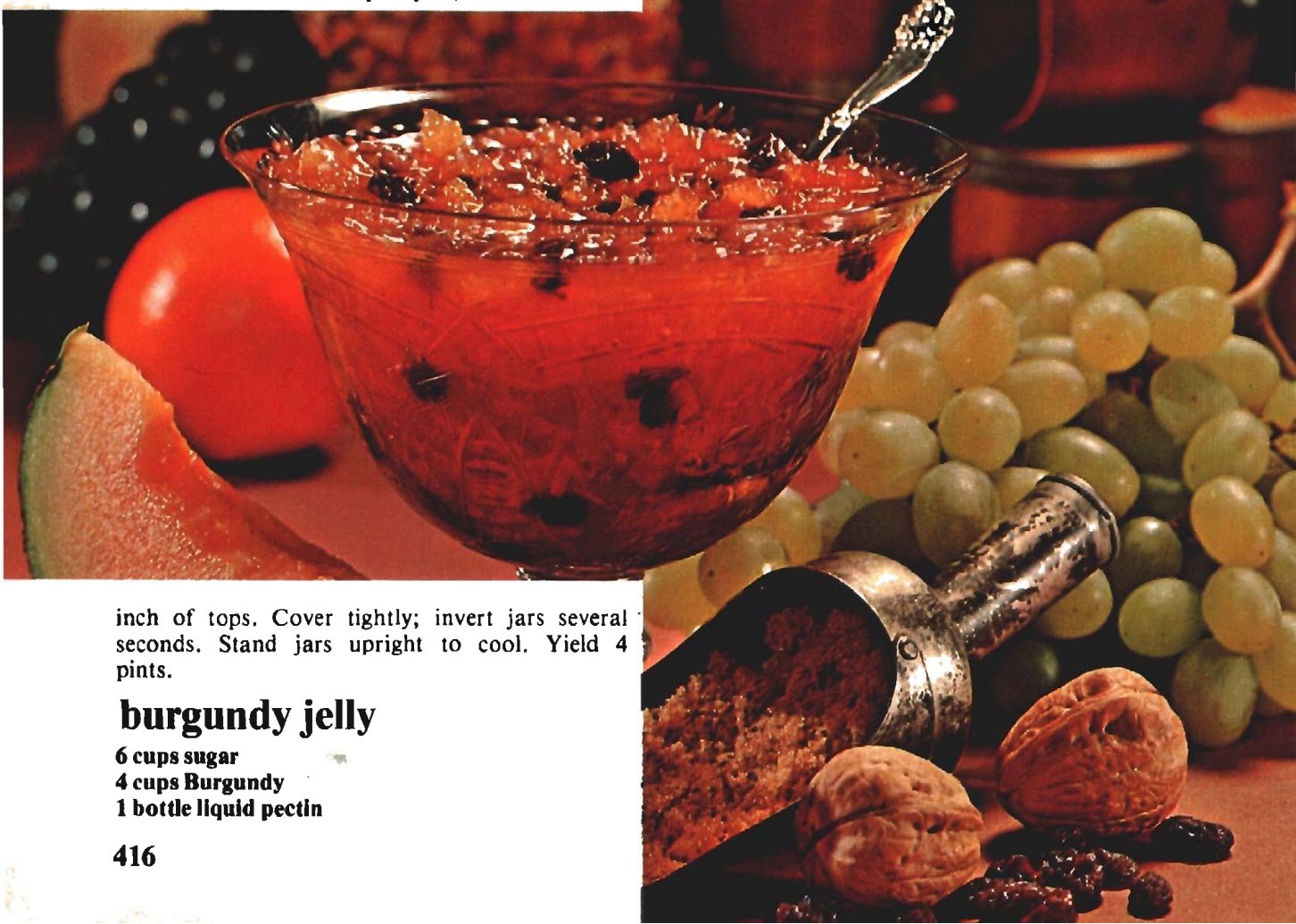
Combine sugar and Burgundy in large saucepan; mix well. Stir over medium heat until dissolved; remove from heat. Add pectin; mix well. Skim off any foam. Pour immediately into 8 hot sterilized glasses; seal with  $\frac{1}{8}$ -inch melted paraffin. Yield 8 glasses.

## crème de menthe jelly

2½ cups sugar  
1 cup water  
1 cup crème de menthe  
½ bottle liquid pectin

Combine sugar, water, and crème de menthe in large saucepan. Cook over medium heat; stir until dissolved. Remove from heat; stir in pectin. Yield 4 glasses.

*ambrosia conserve*



inch of tops. Cover tightly; invert jars several seconds. Stand jars upright to cool. Yield 4 pints.

## burgundy jelly

6 cups sugar  
4 cups Burgundy  
1 bottle liquid pectin



## orange jelly

1 (6-ounce) can frozen orange juice  
3 tablespoons lemon juice  
3¼ cups sugar  
1 cup water  
½ bottle liquid pectin

Combine orange and lemon juice; set aside.

Mix sugar and water in saucepan; put over high heat. Bring to full rolling boil; stir constantly. Boil hard 1 minute; remove from heat. Stir in pectin. Add fruit juices; mix well. Yield 4 glasses.

## plum jam

6 cups purple plums, quartered, stones removed  
1 cup water  
4 cups sugar  
1 tablespoon lemon juice

Combine plums and water in heavy enamel or stainless-steel pan; bring to boil. Reduce heat to low; cook until fruit is tender.

Meanwhile, measure sugar into bowl; place near pilot light to warm, or place in electric oven and set temperature on warm. Leave ele-

ment on 3 minutes, turn off. Leave sugar in oven until ready for use.

When fruit is tender, add sugar and lemon juice; stir until sugar is dissolved. Increase heat; boil 30 minutes, stirring to prevent burning, or until mixture jells when tested on cold saucer. Pour into hot sterilized jars; seal. Yield 6 cups.

## quince jelly

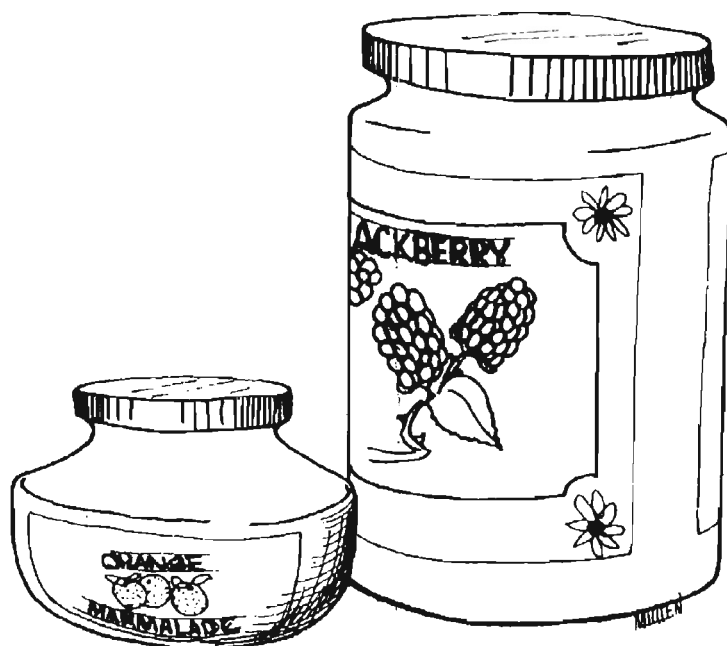
6 pounds quinces

Sugar

Melted paraffin

Quarter quinces; remove cores with very sharp knife. Place in large kettle; add enough water to cover. Bring to boil; reduce heat. Simmer about 45 minutes, until tender.

Strain liquid through jelly bag or cloth into large bowl; do not squeeze bag. Measure liquid; place in large kettle. Add ¾ cup sugar for each cup of liquid. Bring to boil over medium heat; cook, stirring, until sugar is dissolved. Reduce heat; simmer about 20 minutes or to 220°F on candy thermometer. Remove from heat; skim thoroughly. Ladle into hot, sterilized 6-ounce jelly glasses; cover with paraffin. Yield 8 to 10 (6-ounce) glasses.



# LAMB

## apricot-mint lamb

- 1 (6-pound) leg of lamb
- 2 teaspoons salt
- ¼ teaspoon ground black pepper
- 1 large onion or 1 teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 bouillon cube, dissolved in 1 cup water
- 1 cup boiling water (approximately)
- ½ cup apricot preserves
- ½ teaspoon mint flavoring
- ¼ teaspoon summer savory
- ½ cup dry sherry
- 1 teaspoon arrowroot

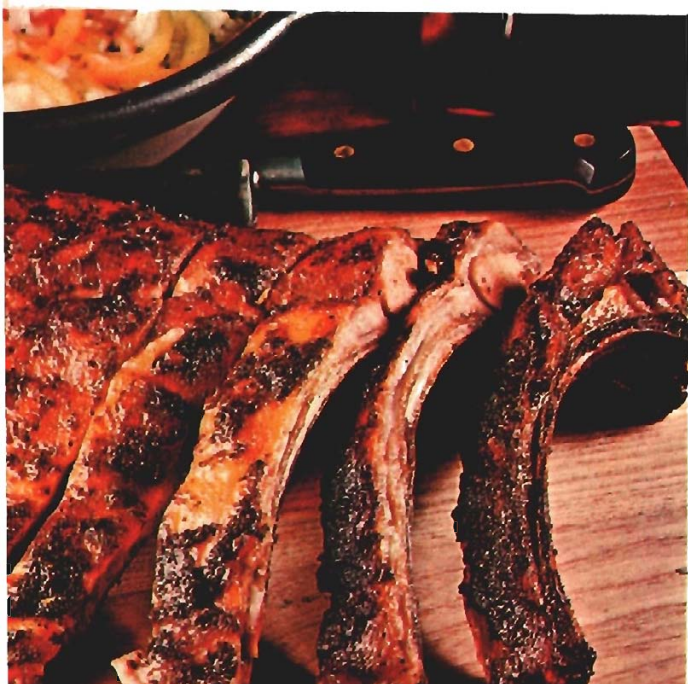
Rub leg of lamb well with salt; brown on all sides in roasting pan over moderately high heat. Drain most of fat from pan. Blend pepper, onion, garlic and bouillon into remaining pan drippings; stir together well.

Mix boiling water, preserves, mint flavoring, and summer savory. Stir into bouillon mixture; add sherry. Roast in 350°F oven 20 to 30 minutes per pound; baste as needed. Blend arrowroot into pan liquid 30 minutes before removing from pan. Cook and stir often until sauce thickens. Yield 8 to 10 servings.

## baked ribs of lamb

- 1 (2½-pound) strip of lamb ribs
- Salt and freshly ground pepper to taste
- 2 tablespoons vegetable oil
- 1 tablespoon soy sauce
- 1 tablespoon tomato puree
- 1 clove garlic, pressed
- Salt and pepper

*baked ribs of lamb*



Have thick, bony side of lamb strip cut through in several places when purchasing ribs.

Sprinkle ribs with salt and pepper; place on rack in roasting pan, meat-side-down. Bake in preheated 350°F oven 30 minutes. Turn; bake 30 minutes.

Combine oil, soy sauce, tomato puree, garlic, salt, and pepper in small bowl; brush over ribs. Bake 30 minutes. Cut ribs into serving pieces. Yield about 4 servings.

## barbecued stuffed leg of lamb

- 1 onion, chopped
- ½ cup chopped dried apricots, soaked
- 3 tablespoons chopped raisins
- 3 tablespoons chopped dates
- 2 tablespoons chopped nuts
- 5 tablespoons cooked rice
- 2 tablespoons chopped parsley
- 1 teaspoon chopped marjoram
- Little lemon rind and juice
- Salt and pepper
- 1 leg of lamb, weighing 3 pounds after removal of bone
- Little strong stock
- 1 clove garlic, slivered
- Oil
- Barbecue spice or barbecue sauce

Mix onion with apricots, raisins, and dates. Add nuts, rice, parsley, marjoram, lemon rind and juice, salt, pepper and enough stock to moisten. Fill stuffing into lamb cavity left by removal of bones; sew up slits. Insert garlic into small shallow slits cut into surface of lamb with point of sharp knife. Put lamb onto rod of spit; spoon oil over surface. Season well with salt, pepper, and barbecue spice or barbecue sauce. Cook about 1½ hours, until meat is tender and browned; baste with oil and seasoning when necessary. Yield 4 to 6 servings.

Make sauce with liquids from lamb and some stock and seasoning.

## buckingham-glazed leg of lamb

- 1 (6-pound) leg of lamb
- Salt and freshly ground pepper to taste
- ½ cup dry sherry
- ½ cup red currant jelly
- ½ cup catsup
- ½ teaspoon crushed marjoram leaves

Sprinkle lamb with salt and pepper; place on rack in shallow roasting pan. Roast in preheated 300 to 325°F oven 1½ to 2 hours.





*barbecued stuffed leg of lamb*

Combine sherry, jelly, catsup, and marjoram in small saucepan; heat, stirring constantly, until jelly is melted. Brush on lamb. Roast lamb 30 to 60 minutes or to 170° to 180°F on meat thermometer, according to desired doneness; brush with sauce occasionally. Place lamb on platter; garnish with parsley and lemon wedges. Yield about 8 servings.

Heat remaining sauce; serve with lamb.

## **california stuffed breast of lamb**

**4 to 5 tablespoons butter**

**1 cup chopped onion**

**½ cup chopped celery**

**1½ cups fresh white bread crumbs**

**½ cup raisins**

**1 teaspoon sugar**

**3 oranges**

**1 lemon**

**1 egg, beaten**

**Salt and pepper**

**3 pounds breast lamb without bones**

**Garlic powder**

**2 tablespoons seasoned flour**

**2 to 3 tablespoons oil**

**1 cup stock**

Make stuffing. Melt butter; cook onion and celery slowly until soft without browning. Mix into bread crumbs; add raisins, sugar, and grated rind of 2 oranges and 1 lemon. Add juice

*buckingham-glazed leg of lamb*





## LAMB

of lemon and egg; season with salt and pepper. Add sections of 2 oranges; mix well. Let stand a few minutes before using.

Flatten lamb; dust over with garlic powder. Spread orange stuffing evenly over meat about  $\frac{1}{4}$  inch thick. (Any left over can be cooked separately in buttered dish.) Roll meat tightly; tie in 3 or 4 places with white string. Roll in seasoned flour.

Warm oil in baking pan in oven. Add lamb; baste well. Cook in preheated 350°F oven 1½ hours; baste every 15 minutes. For last 10 minutes turn up oven to 400°F to brown outside of roll. When meat is tender and cooked through, remove; keep warm on serving dish.

Pour away excess fat; reserve juices. Add 1 teaspoon flour; mix well. Add stock and grated rind and juice of 1 orange; bring to boil. Season; serve. Yield 4 servings.

### curry lamb ragout

**1 pound lean lamb meat**  
**2 tablespoons vegetable oil**  
 **$\frac{1}{2}$  teaspoon sage**  
**Grated rind of half a lemon**  
**1 medium onion, chopped**  
**2 cups beef bouillon**  
**1 tablespoon curry powder**  
 **$\frac{1}{2}$  teaspoon salt**  
 **$\frac{1}{8}$  teaspoon white pepper**

*california stuffed breast of lamb*

**1 green pepper, cut into strips**

**1 (8-ounce) can sliced mushrooms, drained**

**2 tomatoes, peeled, quartered**

**1 tart apple, peeled, cored, coarsely chopped**

**$\frac{1}{2}$  cup plain yogurt**

Cut meat into 1-inch cubes.

Heat oil in heavy saucepan or Dutch oven. Add meat, sage, and lemon rind; brown meat on all sides. Add onion; sauté lightly. Drain off excess oil; stir in bouillon. Cover saucepan; simmer 50 minutes. Season with curry, salt, and pepper. Add green pepper; simmer, uncovered, 5 minutes. Stir in mushrooms, tomatoes, and apple; simmer 5 minutes. Cool mixture slightly; gradually add yogurt. Heat thoroughly without boiling; serve at once. Yield 4 servings.

### danish blue lamb chops

**8 loin or rib lamb chops, 1 inch thick**

**Oil**

**Ground black pepper**

**1 clove garlic, crushed (optional)**

**$\frac{1}{2}$  cup Danish blue or Roquefort cheese**

**2 tablespoons thick cream**

Preheat broiler.

If using rib chops, trim and scrape rib bones. Brush chops with oil; sprinkle with pepper and garlic. Leave for couple of hours if possible before broiling.







Mix cheese and cream; mash well together to form paste.

Broil chops 5 to 6 minutes on each side; remove from heat. Spread cheese mixture on one side of each chop; replace under heat until cheese is light brown and bubbling. Yield 4 servings.

*danish blue lamb chops*

*curry lamb ragout*

### **durham lamb cutlets**

$\frac{1}{2}$  pound or 2 cups cold cooked lamb

1 small onion

1 tablespoon butter

$\frac{1}{2}$  pound mashed potatoes

1 tablespoon chopped parsley





## LAMB

**1 teaspoon tomato puree**

**Salt and pepper to taste**

**2 tablespoons flour**

**1 egg**

**3 to 4 tablespoons dried white bread crumbs**

**Fat for deep frying**

Grind or chop meat very fine.

Chop onions finely; cook in melted butter until golden brown. Add mashed potatoes and meat to onion. Add parsley, tomato puree, salt, and pepper; cook a few seconds. Turn mixture onto plate to cool. Divide into 8 equal-size portions; form into cutlet shapes. Roll each in flour; dip into beaten egg until coated all over. Roll in bread crumbs.

Heat fat in deep skillet. When smoking slightly, put 3 or 4 cutlets into frying basket; lower into hot fat. Cook until cutlets are rich brown; drain on paper towel. Keep warm while frying remaining cutlets. Arrange in overlapping circle around hot dish; serve with vegetables and brown or tomato sauce. Yield 4 servings.

## grilled piquant lamb

**1 (5-pound) leg of lamb**

**Vegetable oil**

**Salt**

**½ teaspoon freshly ground pepper**

**½ cup water**

**½ cup red wine**

**2 tablespoons wine vinegar**

**1 tablespoon Worcestershire sauce**

**¼ cup lemon juice**

**1 teaspoon dry mustard**

**Dash of hot sauce**

**¼ teaspoon paprika**

**1 clove garlic, pressed**

**1 medium onion, grated**

Rub lamb with 1 tablespoon oil, 1 tablespoon salt, and pepper. Place on grill over low coals or in 325°F oven; cook about ¾ to 1 hour. Turn occasionally; brush with oil.

*grilled piquant lamb*





Combine water, wine, vinegar, Worcestershire sauce, lemon juice, mustard, hot sauce, paprika, garlic, onion, 1 tablespoon oil, and ½ teaspoon salt in saucepan; bring to boil. Brush lamb with sauce; cook about 1 hour, to desired degree of doneness. Turn occasionally; brush with sauce. If using oven, turn on broiler after final brushing to glaze slightly. Yield about 10 servings.

## **hawaiian skewered sweet-and-sour lamb with rice**

**1 (16-ounce) can pineapple chunks**  
**2 tablespoons soy sauce**  
**¼ cup lemon juice**

**1 clove garlic, pressed**  
**2 pounds boneless lamb, cut into 2-inch cubes**  
**12 pitted black olives**

Drain pineapple; reserve the juice. Mix reserved pineapple juice, soy sauce, lemon juice, and garlic in large, shallow dish. Add lamb cubes; marinate in refrigerator several hours or overnight. Remove lamb from marinade; drain. Reserve marinade. Arrange lamb, olives, and pineapple chunks alternately on skewers. Place skewers on rack in broiler pan; place broiler pan 9 to 10 inches from source of heat. Broil, turning and basting with reserved marinade frequently, until lamb is cooked to desired doneness.

Pour remaining marinade into small, heavy saucepan; simmer until thick. This makes a teriyaki sauce to serve with kebabs and rice. Yield about 6 servings.

*lamb chops with herbs*



## LAMB



### **lamb chops with herbs on grill**

**4 large loin or 8 rib lamb chops**  
**1 teaspoon thyme**  
**1 teaspoon oregano**  
**1 teaspoon rosemary**  
**3 small bay leaves, crushed**  
**6 coriander seeds, crushed**  
**Grated rind and juice of 1 lemon**  
**Pinch of paprika**  
**6 tablespoons oil**  
**Salt and pepper**  
**Butter**

Trim chops of excess fat.

Mix herbs, lemon rind, and paprika. Rub mixture well into both sides of chops. Arrange chops in large shallow dish; pour lemon juice and oil over them. Season lightly with salt and pepper; set aside in cool place about 3 hours, turning occasionally.

When ready to cook, drain chops well; put on

#### *lamb chops venetian-style*

grid over hot coals. Turn once or twice while cooking; allow about 16 to 20 minutes.

If any dried herbs are left over, a good pinch sprinkled over hot coals just before removal of chops will give delicious aroma and improve flavor.

Serve chops with pat of butter on each and plain tossed salad. Yield 4 servings.

### **lamb chops venetian-style**

**2 tablespoons butter or margarine**  
**2 tablespoons olive oil**  
**4 lamb shoulder chops (approximately 2 pounds)**  
**Salt and pepper to taste**  
**1 medium onion**  
**1 ¾ pounds eggplant**  
**3 tablespoons tomato paste**  
**½ teaspoon crumbled dried sweet basil**  
**½ cup boiling water**  
**½ (10-ounce) package frozen peas**  
**1 (8½-ounce) can artichoke bottoms (or 1 can artichoke hearts), drained, quartered**



Heat butter and oil in heavy skillet.

Wipe chops with damp cloth; season with salt and pepper. Sauté in butter and oil approximately 4 minutes per side, until well-browned and almost done. Remove from pan; keep warm.

While chops cook, peel onion; quarter; separate layers.

Cut stem from eggplant; cut in half lengthwise; thinly slice.

Add onion to skillet; sauté 5 minutes. Add eggplant.

Combine tomato paste, basil, and boiling water; stir well. Add to skillet; bring to boil. Reduce heat to low; cover. Cook 15 minutes. Add peas, artichokes and lamb chops. Cook, covered, 15 minutes or until vegetables are done through. Yield 4 servings.

## **lamb kidneys en chemise**

**4 large potatoes**

**4 lamb kidneys**

**Salt and pepper**

**2 mushrooms**

**½ onion**

**4 slices streaky bacon**

**Prepared mustard**

**2 tablespoons butter**

Wash and scrub potatoes; bake in their skins just over 1 hour in 350°F oven. Remove from oven; cut good slice from top of each. Take out enough potato to make room for a kidney.

Skin and core kidneys; season with salt and

pepper. Roll in mixture of finely chopped mushrooms and onion; wrap in half a slice of bacon smeared with mustard. Place wrapped kidneys into potatoes; add ½ tablespoon butter to each potato. Replace potato tops; wrap whole in foil. Return to oven 1 hour to cook kidneys. Yield 4 servings.

## **peninsula lamb shanks**

**6 (1-pound) lamb shanks**

**1½ teaspoons salt**

**¼ teaspoon pepper**

**3 tablespoons oil**

**3 tablespoons flour**

**1 (14-ounce) can chicken broth**

**1 medium onion, sliced**

**1 clove garlic, finely minced**

**4 cups sliced celery**

**3 medium tomatoes, cut into wedges**

**1 tablespoon chopped parsley**

Sprinkle lamb with salt and pepper.

Heat oil in Dutch oven. Add lamb; brown well on all sides. Remove lamb; set aside.

Stir flour into oil; brown lightly. Gradually blend in broth and 1¼ cups water; bring to boil. Return lamb to Dutch oven; add onion and garlic. Reduce heat; cover. Simmer 1¼ to 1½ hours, until lamb is tender; remove lamb to warm serving platter.

Add celery to liquid in Dutch oven; cook 10 minutes. Add tomatoes and parsley; cook 5 minutes. Spoon over lamb. Yield 6 servings.

*lamb kidneys en chemise*



## LAMB

*peninsula lamb shanks*

### roast leg of lamb

- 1 (6-pound) leg of lamb
- 3 teaspoons salt
- ¼ teaspoon pepper
- 2 tablespoons flour
- 1 bay leaf
- 1 teaspoon instant minced onion

Preheat oven to 325°F.

Wipe lamb with damp cloth; do not remove fell.

Combine salt and pepper; rub all over meat. Insert meat thermometer into fleshy part away from bone. Place on rack in shallow roasting pan. Roast, uncovered, 2½ to 3 hours, until meat thermometer reads 175°F for medium lamb, 180°F for well-done. Remove to heated platter, keep warm.

Make gravy. Pour off drippings; reserve 2 tablespoons in roasting pan. Stir in flour until smooth; gradually stir in 2 cups cold water. Add bay leaf and onion; bring to boiling, stirring constantly. Reduce heat; simmer 5 minutes. Serve hot in gravy boat, along with lamb. Yield 6 to 8 servings.

### roast leg of lamb bandit-style

- 1 leg of lamb (4 to 5 pounds), boned, rolled, tied
- 2 cloves garlic, cut into slivers
- Salt and pepper
- 2 tablespoons butter
- 1 (3-foot) section heavy-duty aluminum foil
- 2 pounds pearl onions, peeled, parboiled
- 2 tablespoons chopped parsley
- 1 teaspoon dried dillweed
- ½ cup white wine
- ¼ cup olive oil
- Juice of 1 lemon

Cut slits in fat on outside of lamb; insert garlic. Rub with salt and pepper.

Heat butter in deep skillet; brown lamb well on all sides. Place lamb on aluminum foil.

Add onions to skillet; brown. Add parsley and dill; spoon mixture around lamb. Pour wine, oil, and lemon juice over lamb. Fold foil around lamb; seal tightly. Place package in large roasting pan. Bake at 375°F 2 to 3 hours, depending on desired doneness. Yield 6 to 8 servings.

### roast leg of lamb with brussels sprouts and baby carrots au vin blanc

- 1 leg of lamb, about 5 pounds
- ½ teaspoon salt



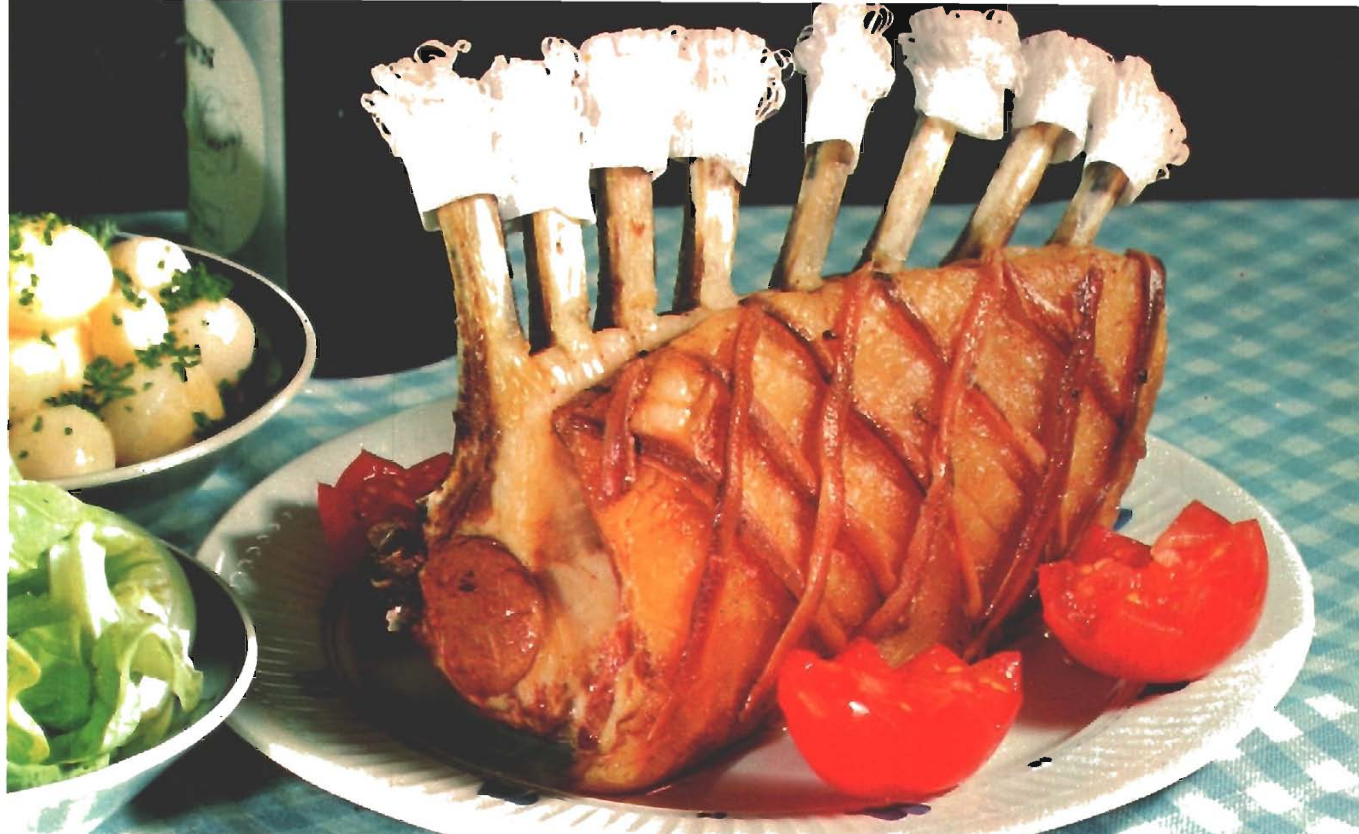
- 1 cup currant jelly
- 2 (10-ounce) packages frozen brussels sprouts
- ½ cup dry white wine
- 1 (1-pound) can whole small carrots, drained
- Salt and pepper to taste

Sprinkle lamb with ½ teaspoon salt; place on rack in shallow roasting pan. Roast in 325°F oven about 2½ hours, until meat thermometer registers 175 to 180°F, depending on desired doneness. After 1 hour, spread lamb with currant jelly, continue roasting, brushing frequently with jelly. During last 45 minutes of roasting, arrange frozen brussels sprouts around lamb; baste with some of wine. During last 15 minutes of roasting, arrange carrots around lamb; baste with remaining wine. Season vegetables with salt and pepper. Yield 6 servings.

### roast rack of lamb with anchovies

- 1 rack of lamb with 8 or 9 bones
- 1 clove garlic, crushed
- Black pepper
- 1 can anchovy fillets
- Little milk
- 2 to 3 tablespoons oil
- 1 cup brown stock





*roast rack of lamb with anchovies*

Trim lamb by exposing last inch of bones and scraping them clean. Score lamb fat in trellis pattern; rub in garlic and black pepper.

Drain anchovies of oil; soak in milk 10 minutes. Rinse carefully; dry.

Heat oil in roasting pan. When smoking, put in meat; baste with hot fat. Cook in preheated 400°F oven about 30 to 40 minutes, according to size and personal preference; baste every 10 minutes. After 15 to 25 minutes place anchovies in crisscross design over fat of meat; continue cooking. When cooked, remove; keep warm while roasting liquid is heated with stock to make gravy. Yield 4 servings.

## skewered lamb

- ¼ cup minced onion
- 1 clove garlic, minced
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon crumbled dried oregano
- 1½ pounds leg of lamb or lamb shoulder meat, cut into 2-inch cubes
- 16 small boiling onions, peeled
- 16 mushrooms, cleaned, stems removed
- 2 red peppers, cut into chunks

Combine minced onion, garlic, oil, lemon juice, salt, pepper, and oregano in glass bowl or casserole. Add lamb; stir well. Cover; marinate 3 to 4 hours (or longer in refrigerator), stirring occasionally.

Parboil 16 onions in salted water 10 minutes. Drain; cool.

Drain lamb; reserve marinade. Skewer vegetables and lamb alternately (lamb cube, onion, mushroom, and pepper chunk; repeat). Cook over charcoal or in broiler about 15 minutes; brush frequently with marinade. Serve with rice. Yield 4 servings.

### *variation*

Substitute cherry tomatoes and green peppers for red peppers. Skewer onions and meat alternately. Skewer vegetables separately; brush them with marinade. Tomatoes can be grilled only a short time or they will fall off skewer before meat is done. Start meat first; add skewered vegetables 5 minutes before meat is finished.

## snow-capped lamb or veal chops

- 6 (½-inch) shoulder or sirloin chops
- Butter or oil
- Salt and pepper
- 1 can condensed consommé
- ½ teaspoon thyme
- ½ cup chopped celery
- ½ cup green onions and tops, sliced
- 1 (3-ounce) can chopped mushrooms
- 3 tablespoons flour
- 1 tablespoon parsley flakes
- 1 cup sour cream

Slowly brown chops in small amount hot butter or oil. Sprinkle with salt and pepper; drain off fat. Add consommé, thyme, celery, and onions; cover. Simmer 30 to 45 minutes, until meat is done; stack chops to one side.

## LAMB



*skewered lamb*

Drain mushrooms; reserve liquid. Stir mushroom liquid slowly into flour; blend. Gradually stir into meat gravy; stir constantly until thick. Add mushrooms and parsley. Top chops with sour cream; cover. Heat about 3 minutes; sprinkle with chopped onion tops. Yield 6 servings.

### stuffed crown roast of lamb

**Crown of lamb**, at least 2 ribs per person

**Oil** for roasting

**Salt and pepper**

**1 to 1½ cups** cooked rice

**½ cup** cooked peas

**½ cup** cooked corn

**¼ cup** chopped cooked red and green sweet peppers

**1 onion**, chopped

**3 to 4 tablespoons** butter

**¼ cup** almonds skinned, sliced, slightly browned

**½ cup** raisins

**2 to 3 tablespoons** sherry

**Chopped mixed herbs**

Have butcher prepare roast; allow 16 ribs to make a nice-size roast. Cover tips of rib bones with foil to prevent burning; crumble some foil into center of roast to preserve shape while roasting.

Heat 2 to 3 tablespoons oil in roasting pan; put in roast. Baste with hot fat; put into preheated 450°F oven. After 10 minutes reduce heat to 350°F; cook 20 to 25 minutes per pound. Season with salt and pepper; baste every 15 minutes.

Meanwhile prepare stuffing. Boil rice. When cooked and drained, mix in peas, corn, and peppers.

Cook onion gently in butter until golden brown. Add to rice, along with almonds and raisins which have been soaked in a little sherry. Add seasoning and herbs.



When crown roast is cooked, remove from oven; put on serving dish. Remove foil; fill center with rice stuffing. Decorate chop bones with paper or foil frills; serve roast with green vegetable and gravy made with roasting juices and red currant jelly. Carve down between bones; allow 2 per person. Yield 6 to 8 servings.

## stuffed lamb chops

- 6 double-rib lamb chops
- 1 (3-ounce) can mushroom slices, drained
- 2 tablespoons mushroom liquid
- 1 teaspoon salt
- ¼ cup dry sherry wine
- 1 egg, beaten
- ½ cup bread crumbs
- ¼ teaspoon white pepper

Using sharp knife, make slit from bone side between rib bones into center of meat on each chop.

Drain mushrooms; reserve 2 tablespoons liquid. Mix together reserved mushroom liquid, ½ teaspoon salt, sherry, egg, mushrooms, and bread crumbs. Stuff chops with mixture. Sprinkle with ½ teaspoon salt and pepper. Broil chops 4 to 5 inches from flame 12 minutes on each side. Serve immediately. Yield 6 servings.

## turkish kofte in tomato sauce

- ½ cup cider (or light white wine)
- 2 slices stale white bread
- 1 pound ground lamb
- 1 large onion, finely chopped or ground
- 1 tablespoon chopped parsley
- 1 teaspoon chopped thyme

*turkish kofte in tomato sauce*

- 1 teaspoon lemon rind
- 2 teaspoons paprika
- Salt
- 2 eggs, beaten
- 2 to 3 tablespoons seasoned flour
- 5 to 6 tablespoons butter

### Tomato Sauce

- ½ pint sour cream or plain yogurt

Pour cider over bread; leave for some minutes to soak.

Put meat in large bowl with onion, parsley, thyme, lemon rind, paprika, and salt.

Squeeze cider out of bread; put bread into meat mixture. Beat mixture by hand; add eggs gradually. Beating should take 7 to 10 minutes and gives meatballs their light texture. With either wet or oiled hands roll 1 tablespoon mixture at a time into rounds; cover with flour.

Melt butter in frying pan. Brown meatballs; put into ovenproof dish. Pour Tomato Sauce over. Bake in preheated 350°F oven 30 to 40 minutes. Serve with sour cream or yogurt spooned over meat; sprinkle chopped parsley on top. Yield 4 servings.

### tomato sauce

- 3 tablespoons butter
- 1 medium onion, sliced
- 1 clove garlic, crushed
- 1 cup peeled, chopped tomatoes (or canned tomatoes)
- 1 tablespoon chopped parsley
- 1 teaspoon basil
- Salt and pepper
- 1 teaspoon paprika
- Cider from soaked bread

Melt butter; cook onion and garlic 5 to 6 minutes. Add remaining ingredients; heat to boiling.



# PANCAKES

Pour  $\frac{1}{4}$  cup batter onto hot griddle; cook until brown, turning once. Repeat cooking until all batter is used. Yield 8 pancakes.

## blueberry pancakes

- 1 cup milk
- 2 tablespoons light corn syrup
- 1 tablespoon corn oil
- 1 egg, lightly beaten
- 1 cup pancake mix
- $\frac{3}{4}$  cup blueberries
- $\frac{1}{3}$  cup cottage cheese

Combine milk, corn syrup, corn oil, and egg in mixing bowl. Add pancake mix; stir until dry ingredients are moistened. Batter will be lumpy. Stir in blueberries and cottage cheese carefully.

## dollar nut pancakes

- 1½ cups flour
  - 2 tablespoons sugar
  - 1 tablespoon baking powder
  - $\frac{1}{2}$  teaspoon salt
  - 1 egg, beaten
  - 1½ cups milk
  - $\frac{1}{4}$  cup chopped nuts
- Fat for frying**

Mix ingredients in order given; beat in nuts after rest is smooth. Drop by teaspoons onto greased hot skillet or griddle. When pancake top is covered with bubbles and edges firm, turn to brown other side. Store on hot platter until ready to serve. Yield 16 to 24 small pancakes.

## griddle cakes or pancakes

- 2 cups flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 tablespoon sugar

*blueberry pancakes*







*dollar nut pancakes*

**2 eggs**

**1¼ cups milk**

Sift together flour, baking powder, salt, and sugar.

Beat eggs well; stir in milk. Add flour mixture; beat until smooth. Add melted shortening. Pour from tablespoon onto hot griddle or frying pan (there is no need to use grease). Cook until golden brown; turning only once. Yield about 24.

## **jelly pancakes**

**1 cup sifted flour**

**1 teaspoon baking powder**

**½ teaspoon salt**

**1 teaspoon sugar**

**2 egg yolks, slightly beaten**

**1 cup milk**

**2 tablespoons melted butter or margarine**

**2 egg whites, stiffly beaten**

Sift flour once; measure. Add baking powder, salt, and sugar; sift again.

Combine egg yolks and milk. Add gradually to flour mixture; beat only until smooth. Add butter. Fold in egg whites. Bake on hot, greased griddle. Spread with jelly and roll, or roll around fried sausages or bacon and serve. Yield 6 (7-inch) pancakes.

## **puffed pancakes**

**2½ cups all-purpose flour, sifted**

**1 tablespoon sugar**

**¼ teaspoon salt**

**2 eggs, lightly beaten**

**1⅓ cups milk**

**1¼ teaspoons cream of tartar**

**2 tablespoons oil**

Sift flour, sugar, and salt together into mixing bowl.

Beat eggs and milk together until blended. Add to flour mixture; blend well.

Sift cream of tartar over surface of batter; fold in gently.

Heat oil on heavy griddle or frying pan until drop of water sizzles when sprinkled on griddle. Drop batter by spoonfuls onto hot griddle. Cook until lightly browned. Turn; brown other side. Stack hot pancakes on serving platter; serve with crisp-fried bacon.

One-fourth cup chocolate chips can be added to batter before baking; pancakes served with 1 cup raisins heated in 1½ cups maple syrup. Yield 24 small pancakes.

## **rice pancakes**

**4 tablespoons butter, melted**

**3 whole eggs, beaten**

**2 cups cooked rice**

**2 teaspoons baking powder**

**1 teaspoon salt**

**1 cup flour**

**¼ cup milk or cream**

**Shortening for frying**

Mix ingredients in order given, adding milk last.

## PANCAKES

*puffed pancakes*

Heat shortening in skillet. Drop batter from tablespoon into hot fat. When golden brown on one side, turn pancake. Add extra shortening if needed. Serve with apricot preserves. Yield about 6 servings.



### shrove tuesday pancakes

2 cups sifted all-purpose flour  
2 teaspoons baking soda  
2 teaspoons sugar  
½ teaspoon salt  
2 eggs, lightly beaten



3 tablespoons melted butter or margarine  
2 cups buttermilk

Sift dry ingredients together into mixing bowl. Beat eggs, butter, and buttermilk together well. Add to dry ingredients; combine thoroughly without overmixing (small lumps may remain). Bake on hot, lightly greased griddle or heavy frying pan until golden. Turn; continue cooking. Serve pancakes hot. Spread with butter; sprinkle with sugar. Yield 12.

### sweet hungarian pancakes

*pancake batter*

2 large eggs, separated  
1 cup milk  
½ cup flour  
1 tablespoon sugar  
1 tablespoon rum (optional)  
¼ teaspoon salt  
2 tablespoons melted butter

Butter or margarine for greasing

*rice pancakes*



## PANCAKES

**¾ to 1 cup apricot jam or preserves**

**½ cup ground hazelnuts**

**2 tablespoons powdered sugar**

Beat egg yolks in medium-size mixing bowl until well-mixed. Add milk, flour, sugar, rum, and salt; beat with wire whisk until smooth. Blend in melted butter. Refrigerate batter 1 hour.

Beat egg whites until stiff but not dry; fold into batter; combine well.

Lightly grease 8-inch heavy skillet or omelet pan with butter. Place over moderate heat until few drops of water sprinkled in skillet dance.

Stir batter.

Remove pan from heat; pour in 3 tablespoons batter. Quickly tilt pan in all directions to coat bottom with batter. Return to heat; cook until lightly browned. Turn; cook few seconds on other side. Transfer to warm plate. Continue in same manner; stir batter before making each pancake. Stack with waxed paper between; keep warm until all pancakes are cooked. Place 1½ tablespoons jam in center of each pancake; roll. Place side by side on ovenproof platter.

Combine hazelnuts and sugar; sprinkle over pancakes. Heat in 325°F oven 10 minutes. Serve with coffee. Yield 10 to 12 pancakes, about 6 servings.



## PANCAKES



*sweet hungarian pancakes*



## PANCAKES



# PASTA

## FETTUCINE

### fettucine alfredo

- 1 pound fettucine noodles
- ¼ pound butter, softened
- 1 egg yolk
- 4 tablespoons heavy cream
- ½ cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper

Boil noodles in kettle of salted water.

Meanwhile beat butter until fluffy. Beat in egg yolk and cream. When well blended, beat in cheese, salt, and plenty of black pepper.

Drain noodles well; toss with sauce. Serve immediately. Yield 6 servings.

### fettucine florentine

- 1 pound sliced bacon
- 1 pound fettucine noodles
- 3 teaspoons salt
- ½ cup butter
- 1 (10-ounce) package frozen chopped spinach, thawed, drained
- 1½ cups heavy cream
- 1 egg, slightly beaten
- 2 cups grated Parmesan cheese
- ¼ teaspoon pepper

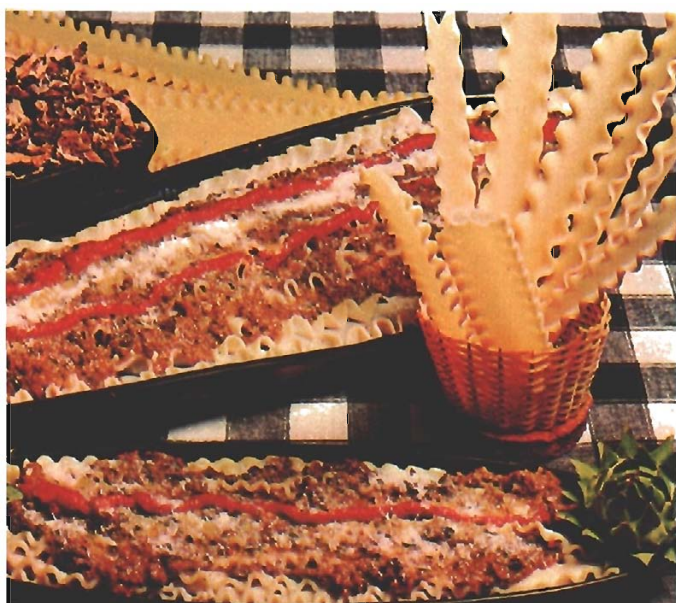
Cook bacon in skillet until lightly browned. Drain; crumble.

Cook noodles in saucepan according to package directions; use 1 teaspoon salt in water.

Melt butter in large chafing dish over canned heat. Add spinach and bacon; cook until heated through. Add noodles; toss lightly.

Combine cream and eggs; add with cheese, remaining salt, and pepper to noodles. Toss to mix well; cover. Cook 5 minutes to heat through. Yield 6 to 8 servings.

*baked lasagna*



### mushroom fettucine

- 1 (10½-ounce) can condensed cream of mushroom soup
- ¾ cup milk
- ½ cup grated Parmesan cheese
- 3 cups hot cooked fettucine noodles
- 4 tablespoons butter or margarine

Stir soup in large saucepan until smooth; blend in milk and cheese. Heat; stir occasionally. Just before serving, toss noodles with butter; combine with soup mixture. Serve with additional cheese. Yield 4 servings.

## LASAGNA

### baked lasagna

#### *pasta*

- 3 quarts water
- 2 teaspoons salt
- 1 tablespoon vegetable oil
- 8 ounces lasagna noodles

#### *sauce*

- 1 pound ground beef
- 2 mild Italian sausage links (casings removed)
- 1 tablespoon olive oil
- 1 medium onion, finely diced
- 1 clove garlic, minced
- 1 (28-ounce) can peeled Italian tomatoes
- 1 (6-ounce) can tomato paste
- ½ teaspoon crumbled dried oregano
- ½ teaspoon crumbled dried sweet basil
- 1 teaspoon sugar

#### *filling*

- 8 ounces ricotta or pot cheese
- 8 ounces mozzarella cheese, thinly sliced
- ½ cup freshly grated Parmesan cheese

Prepare pasta. Combine water and salt in large kettle. Float oil on surface of water; bring to boil. Slowly add noodles, a few at a time; cook 15 minutes. Drain; rinse with cold water. Arrange on toweling to drain.

Meanwhile, prepare sauce. Brown beef and sausages in large skillet. Remove from pan; pour off drippings.

Add oil to skillet; sauté onion and garlic over low heat 5 minutes. Add tomatoes, broken up with fork; tomato paste; and seasonings. Stir well; add meat to sauce. Cook over low heat 40 minutes or until thick.

Lightly grease 13 × 9 × 2-inch baking dish. Ladle approximately ¾ cup sauce into pan. Top with ⅓ of noodles. Dot with ½ the ricotta and ½ the mozzarella. Add layer of sauce and ⅓ of noodles and remaining ricotta and mozzarella.



Top with more sauce; add remaining noodles. Top with remaining sauce; sprinkle with Parmesan cheese. Bake at 350°F 30 minutes or until heated through. Yield 6 servings.

## **easy lasagna**

**Garlic powder to taste**

**Onion powder to taste**

**Salt to taste**

**Freshly ground black pepper to taste**

**Pinch of oregano**

**1 pound ground beef**

**½ box (8-ounces) lasagna noodles**

**1 large can tomato sauce**

Add seasonings to ground beef; brown meat in skillet.

Boil noodles; cut each noodle in half the short way. Place 2 or 3 tablespoons meat mixture on each noodle; roll up. Place seam-side-down in pan; pour tomato sauce over. Bake at 350°F 30 to 40 minutes. Yield 4 servings.

## **LINGUINE**

### **linguine with salmon sauce**

**2 cloves garlic, minced**

**¼ cup butter**

**¼ cup olive oil**

**1 teaspoon coarsely cracked pepper**

**1 (7¼-ounce) can salmon**

**Clam juice**

**1 pound linguine or thin spaghetti, cooked**

**2 tablespoons chopped parsley**

Saute garlic in butter and oil until lightly browned; add pepper.

Drain liquid from salmon into measuring cup; add clam juice to make 1 cup.

Flake salmon; add with liquid to garlic mixture. Bring to simmer; just before serving over linguine, stir in parsley. Yield 4 servings.

## **MACARONI**

### **elbow macaroni goldenrod**

**8 ounces elbow macaroni**

**2 tablespoons butter or margarine**

**2 tablespoons flour**

**2½ cups milk**

**Salt and pepper to taste**

**1 pimiento, chopped**

**2 tablespoons minced parsley**

**3 hard-cooked eggs**

Cook macaroni in boiling salted water 7 to 10 minutes or until tender; drain.

Melt butter, stir in flour. Add milk gradually; stir over low heat until smooth and thick. Season with salt and pepper. Add pimiento, parsley, and chopped whites of eggs. Combine sauce with macaroni; arrange on large platter. Sprinkle center with egg yolks pressed through sieve; garnish with parsley and pimiento. Yield 6 servings.

### **macaroni with broccoli**

**1 cup small-size elbow macaroni**

**2 cups coarsely chopped, cooked, broccoli**

**¼ cup olive oil**

**1 small clove garlic, crushed**

**Salt to taste**

Cook macaroni in boiling salted water 7 to 10 minutes, until tender; drain. Mix with broccoli, oil, garlic, and salt; reheat. Yield 4 servings.

### **yankee doodle macaroni**

**3 tablespoons cooking fat**

**2 cups finely chopped onion**

**2 cloves garlic, crushed**

**½ cup sliced mushrooms**

**1 pound ground beef**

**1 can (about 1 pound 13 ounces) peeled tomatoes**

**1 tablespoon chopped parsley**

**Salt and pepper**

**1 (7- to 8-ounce) package macaroni**

**1 to 2 tablespoons margarine**

**Grated Parmesan or sharp cheddar cheese**

Heat fat in pan. Add onion, garlic, and mushrooms; sauté until onion becomes pale yellow. Add meat; and stir until browned. Add tomatoes, parsley, and seasonings; cover. Simmer about 45 minutes.

While meat is cooking, cook macaroni in boiling salted water 7 to 10 minutes; drain well. Toss in margarine. Turn macaroni onto hot platter. Pour sauce over; sprinkle with grated cheese. Yield 6 or 7 servings.

## **NOODLES**

### **deep-fried crispy noodles**

**1 (5-ounce) package fine egg noodles**

**Vegetable oil**

Place noodles in large saucepan in enough water to cover; bring to boil. Cook, stirring occasionally, 5 minutes; drain well.

Fill deep-fat fryer half full with oil; heat to 350°F. Drop noodles into basket in oil; cook 2 minutes. Remove from oil; drain well on paper towels.

Heat oil to 375°F. Return noodles to deep-fat fryer; cook until golden brown and crisp. Drain well on paper towels; separate noodles, if necessary. Yield 4 to 5 cups.



*yankee doodle macaroni*

## homemade noodles

1 1/3 cups all-purpose flour  
3/4 teaspoon salt

2 eggs  
2 teaspoons cooking oil  
2 teaspoons water

Combine flour and salt in mixing bowl; make well in center.

*deep-fried crispy noodles*





*homemade noodles*



Beat eggs, oil, and water together; pour into well. Stir with fork from outside of mixture to center. Add small amount water if necessary, so that very stiff dough is formed. Turn onto lightly floured surface; knead until smooth and elastic (about 15 minutes). Let rest, covered, 30 minutes.

Divide dough into 4 equal parts. Roll 1 piece at a time as thin as possible; it should be  $\frac{1}{16}$  inch thick. Roll up; cut into  $\frac{1}{2}$ -inch strips. Unroll

strips; allow to dry several hours on lightly floured towel.

Bring several quarts salted water to boil in Dutch oven; add 1 tablespoon oil or butter. Add noodles; stir to keep from sticking to bottom of pot. Cook until tender; test frequently for doneness. Noodles should still be firm, not mushy; drain well. Top with melted butter; serve or use in other recipes. Yield 4 or 5 servings.

## PASTA • NOODLES

### hungarian pinched noodles

**½ cup flour**

**⅛ teaspoon salt**

**1 egg, well-beaten**

**Flour for kneading**

Combine flour and salt in small bowl; make well in center. Add egg; mix to form stiff dough. Turn onto lightly floured surface; knead 5 minutes. Divide into 3 parts; roll each part, with hands, to form long cylinder about as big around as little finger. Pinch off small pieces; add directly to boiling soup, or cook in boiling salted water until tender (about 5 minutes). When done, noodle should cut easily and not be floury in center. Generally, half this recipe is sufficient for 1½ quarts soup. Pinch remaining noodles; allow to stand on lightly floured board until dry. Store airtight for future use. Yield about 8 servings, enough for 3 quarts soup.

### kasha noodles

**8 ounces egg noodles**

**⅔ cup oil**

**½ pound mushrooms, sliced**

**1 cup chopped onion**

**2 cups cooked kasha**

**1 teaspoon salt**

Cook noodles until tender; drain.

Meanwhile, in large skillet heat oil and cook mushrooms and onion until tender; add kasha and salt. Add hot noodles; toss well. Yield about 6 side-dish servings.

### noodle luncheon ring

**1 (12-ounce) package noodles**

**Chicken broth**

**3 eggs**

**1 cup sour cream**

**1 small package cream cheese**

**½ cup crushed pineapple**

**Handful of white raisins**

**Pinch of salt**

**1 tablespoon sugar**

**Dash of nutmeg**

Boil noodles in chicken broth until just tender; drain. Cover; let steam 1 hour.

Beat eggs, sour cream, and cream cheese. Add pineapple, raisins, salt, sugar, and nutmeg; mix well. Pour into mold that has been greased and lined with waxed paper. Bake 45 minutes at 300°F. Turn onto platter; fill with peas and carrots or mushrooms. Yield 12 servings.

### noodle ring with meat sauce

**2 tablespoons oil**

**1 onion, peeled, chopped**

**1 clove garlic, crushed**

**1 cup ground beef**

**1 tablespoon tomato puree**

**1 cooking apple, peeled, cored, chopped**

**Salt and pepper**

**¼ teaspoon sugar**

**¼ teaspoon dried basil**

**1 (8-ounce) can peeled tomatoes**

**12 ounces noodles**

**Chopped parsley**

Heat oil in pan. Add onion and garlic; cook until onion begins to brown. Add meat; stir over medium heat 5 minutes. Add tomato puree, apple, salt, pepper, sugar, basil, and tomatoes; cover. Simmer about 40 minutes.

While sauce is cooking, cook noodles in boiling salted water; drain. Pack into well-greased ring mold; keep hot.

When ready to serve, turn noodle ring onto hot dish; pile sauce in middle. Sprinkle with chopped parsley. Yield 4 servings.

### noodles with fresh tomato

**½ pound thin noodles**

**Salt to taste**

**1 large, red, ripe tomato, about ¾ pound**

**2 tablespoons butter**

**Freshly ground pepper to taste**

Bring enough water to boil to cover noodles when added; add salt.

Core and peel tomato; cut into ½-inch cubes.

Drop noodles into boiling water; cook until tender.

Heat 1 tablespoon butter in saucepan; add tomato and salt and pepper to taste. Cook about 1 minute; stir occasionally.

Drain noodles; serve with tomatoes spooned over. Yield 4 servings.

### pasta with eggs and red-devil sauce

**1½ tablespoons salad oil**

**1 (8-ounce) package mezzani**

**1 tablespoon olive oil**

**1 teaspoon finely chopped fresh sage or parsley**

**10 hard-boiled eggs, peeled**

**Red-Devil Sauce**

Bring 2 quarts heavily salted water to boil; add salad oil. Add mezzani slowly; cook 14 to 16 minutes, to desired doneness. Drain; place in serving dish. Add olive oil; toss lightly. Sprinkle with sage.

Cut eggs in half lengthwise; place in shallow serving dish. Pour hot sauce over eggs; serve over mezzani. Yield 4 to 6 servings.





*pasta with eggs and red-devil sauce*

**red-devil sauce**

- ½ cup tarragon vinegar**
- 1 teaspoon dry mustard**
- 1 teaspoon paprika**
- ½ teaspoon white pepper**
- 1 clove garlic, sliced**
- ¾ teaspoon salt**
- 2 bay leaves**
- ¼ teaspoon cayenne pepper**
- ½ cup beef consommé**
- 2 tablespoons butter**
- 1 tablespoon Worcestershire sauce**
- 1 (15-ounce) can tomato sauce**

Combine vinegar, mustard, paprika, white pepper, garlic, salt, bay leaves, and cayenne pepper in saucepan. Boil until mixture is reduced by half. Strain through fine sieve. Return to saucepan; add consommé, butter, Worcestershire sauce, and tomato sauce. Simmer 8 minutes; keep warm. Yield about 2¾ cups.

**soft-fried noodles with mushrooms**

- 1 (5-ounce) package fine egg noodles**
- 2 tablespoons safflower oil**
- 1 cup bamboo shoots**
- 1 cup sliced fresh mushrooms**
- 1 cup sliced almonds**
- ½ cup chicken broth**
- 3 tablespoons soy sauce**
- 1 teaspoon salt**

Cook noodles in large saucepan in boiling, lightly salted water 6 to 8 minutes; drain thoroughly.



Heat oil in wok or large skillet over low heat. Add noodles; stir-fry 4 minutes. Stir in bamboo shoots, mushrooms, and almonds; mix well. Stir in broth, soy sauce, and salt; reduce heat to very low. Simmer, covered, 20 minutes or until liquid is almost absorbed. Serve with additional soy sauce, if desired. Yield 8 to 10 servings.

## PASTA • NOODLES

### viennese noodles

**8 ounces wide egg noodles**

**¼ cup butter**

**½ cup chopped almonds or Brazil nuts**

**2 teaspoons poppy seeds**

Cook noodles; drain.

Melt 1 tablespoon butter. Add chopped nuts; stir over low heat until light brown. Add remaining butter, noodles, and poppy seeds; stir lightly until thoroughly heated. Serve with any creamed meat or fish dish, or with creamed mushrooms. Can also be served as an entree with tomato or any desired sauce. Yield 6 servings.

## RAVIOLI

### basic ravioli dough

**3 cups all-purpose flour**

**¼ teaspoon salt**

**2 eggs**

**⅓ cup water**

Stir together flour and salt in bowl; make well in center. Add eggs; beat well. Stir in enough water to form very stiff dough. Turn onto lightly floured surface. Knead until dough is smooth and elastic, about 10 minutes. Yield ????

### chicken ravioli

**1 recipe Basic Ravioli Dough (see Index)**

**2 tablespoons chopped onion**

**1 tablespoon olive oil or cooking oil**

**1 (10-ounce) package frozen chopped spinach**

**1 egg**

**½ cup ricotta cheese**

**¼ cup grated Parmesan cheese**

**1 cup finely diced cooked chicken**

**Spicy Tomato Sauce**

**Grated Parmesan cheese**

On floured surface roll dough as thin as possible; cover. Let rest a few minutes. Repeat, rolling and resting until dough measures 20 × 18 inches. Let rest 20 minutes. Trim evenly; cut into 10 (18 × 2-inch) strips.

Cook onion in oil until tender.

Cook spinach until just tender. Drain; press out excess liquid. Measure ½ cup spinach (use remainder elsewhere).

Combine egg, ricotta, and ¼ cup Parmesan. Add ½ cup spinach, onion, and chicken; mix well.

Moisten 1 dough strip lightly with water; place spinach mixture by teaspoonfuls at 2-inch intervals, beginning 1 inch from end of strip. Top with second strip of dough; press gently around each mound and around edges. Cut dough with pastry wheel at 2-inch intervals to make squares centered

with filling. Repeat with remaining filling and pasta strips. Dry 1 hour; turn over once.

Meanwhile, prepare Spicy Tomato Sauce.

Cook ravioli in large amount rapidly boiling salted water 8 to 10 minutes; drain. Serve with Spicy Tomato Sauce. Pass Parmesan. Yield 6 to 8 servings.

#### *spicy tomato sauce*

**1 (15-ounce) can tomato sauce**

**1 (8-ounce) can tomatoes, cut up**

**1 cup water**

**¼ cup finely chopped onion**

**2 tablespoons snipped parsley**

**2 teaspoons sugar**

**1 teaspoon salt**

**1 teaspoon crushed dried oregano**

Combine ingredients; simmer 30 to 40 minutes, stirring frequently.

### meat ravioli

**basic ravioli dough (see Index)**

#### *filling*

**¾ pound meat-loaf mix**

**¼ cup dry bread crumbs**

*meat ravioli*





**2 tablespoons grated Parmesan cheese**  
**1 egg**  
**1 tablespoon dehydrated parsley flakes**  
**½ teaspoon garlic salt**  
**¼ teaspoon pepper**

Prepare ravioli dough according to recipe; let rest, covered, 10 minutes.

Combine filling ingredients in bowl; mix well. Refrigerate until ready to use.

Divide dough into 8 pieces. Roll 1 piece at a time on lightly floured surface; keep remainder of dough tightly covered. Roll dough as thin as possible. If using pasta machine to roll dough, roll it to slightly less than 1/16th inch thick. Cut into 2-inch squares. Place 1 teaspoon filling in center of ½ the squares; top with remainder of squares. Press edges together tightly to seal; moisten edges with a little water if necessary to ensure tight seal.

Dust cookie sheet lightly with cornmeal. Place ravioli on sheet; refrigerate, covered, about 2 hours, or freeze until ready to cook.

To cook, heat 4 quarts water to boiling. Add 1 tablespoon salt; float 1 tablespoon cooking oil on surface of water. Drop ravioli into water a few at a time; stir to prevent them sticking to bottom of pan. Reduce heat so water boils gently; cook approximately 12 minutes, until tender; drain. Toss with melted butter and freshly grated Parmesan cheese or serve hot with a favorite tomato or meat sauce and grated cheese. Yield about 96 ravioli or 6 to 8 servings.

## SPAGHETTI

### chinese spaghetti

**1 pound spaghetti noodles**  
**3 tablespoons oil**  
**3 cups chinese cabbage, first cut into 2-inch lengths, then julienne-sliced lengthwise**  
**½ cup carrots, julienne-sliced**  
**4 green onions, julienne-cut**  
**4 dried chinese mushrooms, soaked 20 minutes in hot water, sliced (optional)**  
**2 teaspoons salt**  
**3 tablespoons soy sauce**

Cook noodles until tender; drain well.

Heat oil in wok or large skillet over high heat. Add cabbage, carrots, onions, and mushrooms; stir-fry 1 minute. Add salt and soy sauce; stir-fry 1 minute. Add noodles; stir constantly about 2 minutes. Serve hot. If you wish, add between ½ and 1 cup shredded ham and/or shredded cooked

chicken breast along with the salt and soy sauce. Yield 4 to 6 servings.

### spaghetti alla carbona

**1 pound spaghetti**  
**Boiling salted water**  
**¾ pound bacon**  
**½ cup white wine**  
**2 eggs, well beaten**  
**½ cup grated Parmesan cheese**  
**Freshly ground pepper**  
**Chopped parsley**  
**Extra grated Parmesan cheese**

Cook spaghetti in large saucepan of salted boiling water 10 to 12 minutes, until tender but still firm.

While spaghetti is cooking, remove rind from bacon; cut bacon into ½-inch squares. Sauté in pan until cooked through but not crisp. Add wine; simmer gently 3 minutes.

Drain spaghetti well; return to saucepan. Immediately add bacon-wine mixture; blend together. Add eggs and cheese; toss together over low heat. Add a little pepper. Make sure spaghetti is well coated with egg and cheese mixture. Serve in individual dishes sprinkled with parsley and extra cheese. Yield 4 servings.

### spaghetti with eggplant and tomato sauce

**1 medium onion, chopped**  
**1 clove garlic, minced**  
**1 medium eggplant, peeled, chopped**  
**1 (15-ounce) can tomato sauce**  
**1 teaspoon basil**  
**1 teaspoon oregano**  
**1 teaspoon chopped parsley**  
**Few hot pepper flakes or few drops hot sauce**  
**2 tablespoons red wine (optional)**  
**1 pound spaghetti**  
**1 tablespoon butter or oil**  
**½ cup Parmesan cheese**

Sauté onion and garlic in oil. Add eggplant; brown lightly. Add tomato sauce, herbs, pepper, and wine; simmer 20 minutes or until tender.

Cook spaghetti in kettle of boiling salted water 7 to 9 minutes, just until tender; drain. Toss with butter. Place in heated serving dish. Pour sauce over; sprinkle with Parmesan. Yield about 4 servings.

### spaghetti with meatballs

**1 pound ground beef**  
**2 onions**



**3 tablespoons finely chopped parsley, thyme, and marjoram**  
**2 cloves garlic**  
**1 cup fresh white bread crumbs**  
**Salt and black pepper**  
**4 tablespoons butter**  
**1 tablespoon flour**  
**1 can tomatoes**  
**2 teaspoons tomato concentrate**  
**1 cup stock**  
**1 tablespoon mixed herbs**  
 **$\frac{3}{4}$  pound package spaghetti**  
 **$\frac{1}{2}$  cup grated Parmesan cheese**

Mix together ground beef and 1 chopped onion. Add chopped herbs, 1 crushed garlic clove, and bread crumbs. Season well with salt and black pepper. Shape mixture into small meatballs.

Melt 1 tablespoon butter; fry meatballs until brown, 5 to 7 minutes.

Make tomato sauce. Melt 2 tablespoons butter; cook 1 sliced onion and 1 crushed garlic clove 5

#### *spaghetti with meatballs*

minutes. Mix in flour. Add tomatoes, concentrate, stock and herbs. Bring to boil; simmer 10 to 15 minutes.

Bring large pot of water to boil; add salt. Curl in spaghetti; bring to boil, stirring constantly. Simmer 7 to 10 minutes, until done but still firm; drain. Wash with hot water; drain again.

Melt 1 tablespoon butter; toss spaghetti in this with black pepper. Keep warm.

Strain sauce; add meatballs. Heat through; serve with spaghetti. Serve Parmesan separately. Yield 4 servings.

### **spaghetti with meat sauce**

#### *meat sauce*

**1 pound lean ground beef**  
**1 small onion, finely chopped**  
 **$\frac{1}{2}$  green pepper, finely chopped**  
**1 (15-ounce) can tomato sauce**  
**1 (12-ounce) can tomato paste**  
**1 (4½-ounce) can chopped ripe olives, drained**



**1 (4-ounce) can mushroom pieces, drained, chopped**  
**1½ cups water**  
**1 teaspoon sugar**  
**1½ teaspoons salt**  
**1 teaspoon pepper**  
**1 teaspoon oregano**  
**1 teaspoon thyme**  
**½ teaspoon basil**  
**1 clove garlic, crushed**  
**1 bay leaf**

Combine meat and onion in Dutch oven; cook until meat is browned and onion tender. Skim off excess fat. Add remaining ingredients; cover. Simmer 1½ hours; partially cover. Simmer 1 hour or until sauce is thick; stir occasionally during cooking. Yield 1½ quarts.

**2 pounds spaghetti**  
**2 tablespoons butter or margarine**  
**1½ cups Parmesan cheese**  
**3 tablespoons chopped fresh parsley**

Cook spaghetti in large kettle of boiling salted water; drain. Stir in butter and half the cheese.

Remove bay leaf from sauce; spoon sauce over spaghetti. Sprinkle with cheese and parsley. Yield 8 to 10 servings.

## **spaghetti milanese**

**2 tablespoons butter or margarine**  
**1 slice bacon, chopped**  
**1 small onion, peeled, finely chopped**  
**1 carrot, peeled, chopped**  
**3 to 4 tomatoes, peeled, quartered**  
**1 cup stock or water**  
**Black pepper**  
**1 teaspoon sugar**  
**Lemon juice**  
**2 tablespoons cornstarch**  
**4 tablespoons water**  
**4 or 5 slices cooked ham**  
**1 cup sliced mushrooms**  
**¼ cup butter or margarine**  
**8 to 12 ounces spaghetti**

**Grated Parmesan or Romano cheese**

Heat 2 tablespoons butter in pan. Add bacon; cook until fat begins to melt. Add onion and carrot; cook about 5 minutes. Add tomatoes; cover. Cook gently 5 minutes. Add stock, seasoning, sugar, and squeeze of lemon juice; cover. Simmer gently about 30 minutes; rub through sieve. Return to pan. Add cornstarch blended to smooth paste with 4 tablespoons cold water; stir until boiling. Cook 2 minutes; adjust seasoning.

Cut ham into thin strips.

Sauté mushrooms in 2 tablespoons butter.

Cook spaghetti in boiling salted water 10 minutes; drain well. Add remaining butter; toss until

spaghetti is evenly coated. Add ham and mushrooms. Turn mixture onto hot dish. Pour hot tomato sauce on top; sprinkle with cheese. Yield 4 servings.

## **VERMICELLI** **piquant vermicelli**

**2 tablespoons salad oil**  
**1 (7-ounce) package vermicelli**  
**¼ pound fresh mushrooms**  
**¼ cup butter**  
**1 teaspoon crushed marjoram**  
**2 tablespoons chopped fresh parsley**  
**Salt and freshly ground pepper to taste**

Bring 2½ quarts salted water to boil; add oil. Cook vermicelli in boiling water 7 to 8 minutes, until just tender; drain thoroughly. Place in serving bowl; keep warm.

Wash mushrooms carefully in cold water; drain. Slice thinly.

Melt butter in small saucepan. Add mushrooms; cook over low heat, stirring constantly, about 3 minutes. Place over vermicelli. Add marjoram, parsley, salt, and pepper; toss until well mixed. Serve with spareribs and Basic Barbecue Sauce (see Index), if desired. Yield about 4 servings.

## **vermicelli with crab and ricotta sauce**

To keep the cost down, this recipe calls for only 6 to 8 ounces of canned crab. If you are ready to splurge, you may want to double the amount of seafood.

**6 to 8 ounces frozen (thawed) or canned king crab**  
**16 ounces ricotta cheese**  
**¼ cup grated Parmesan cheese**  
**3 small scallions (green onions), chopped or thinly sliced (about ¼ cup)**  
**6 pitted ripe olives, chopped or thinly sliced (about ¼ cup)**  
**1 teaspoon salt**  
**¼ teaspoon white pepper**  
**1 (8-ounce) package vermicelli**  
**½ cup minced fresh parsley**

Drain crab; slice large pieces. In mixing bowl stir together crab, ricotta, Parmesan, scallions, olives, salt, and pepper.

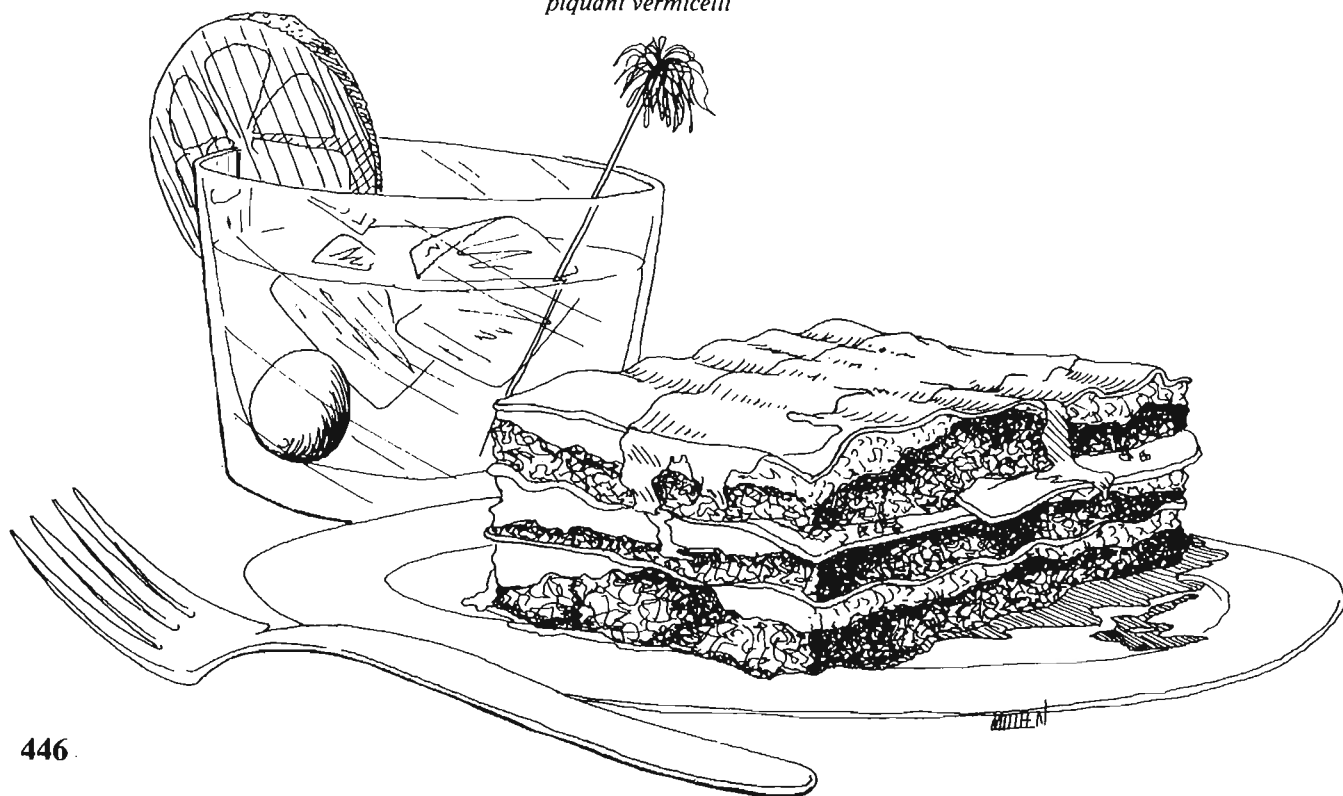
Cook vermicelli until tender. As soon as it has finished cooking, stir 1 cup boiling-hot cooking water into crab and ricotta mixture.

Quickly drain remaining water from vermicelli. At once add crab and ricotta mixture; toss well. Sprinkle copiously with parsley. Serve at once on very hot plates. Yield 4 servings.

**PASTA • VERMICELLI**



*piquant vermicelli*





# PASTRY

## basic chou pastry

1 cup water  
½ cup butter  
1 cup sifted all-purpose flour  
⅛ teaspoon salt  
4 eggs



1. Combine water and butter in heavy saucepan; place over medium heat. Cook until butter is melted and water comes to boil.



2. Add all flour and salt.



3. Stir vigorously with wooden spoon until mixture is smooth and leaves sides of pan, forming a ball.



4. Turn off heat. Add 1 egg; beat until well mixed.



5. Continue adding eggs one at a time; beat well after each addition. (An electric mixer can be used to beat in eggs.)



6. Beat until smooth; cover lightly. Let stand until cool.

Spoon pastry into icing bag with 1-inch plain piping tube attached; pipe into desired shapes on lightly greased baking sheet. Do not place too close together. Bake in preheated 450°F oven on shelf above center 8 minutes. Reduce oven temperature to 350°F; bake 20 to 40 minutes, depending on size of puffs, until dry and browned. Remove from baking sheet immediately; let cool on racks. Fill as desired.

## PASTRY

### basic cold yeast dough

#### *butter mixture*

1½ cups butter

4 tablespoons all-purpose flour

#### *yeast dough mixture*

2 packages dry yeast

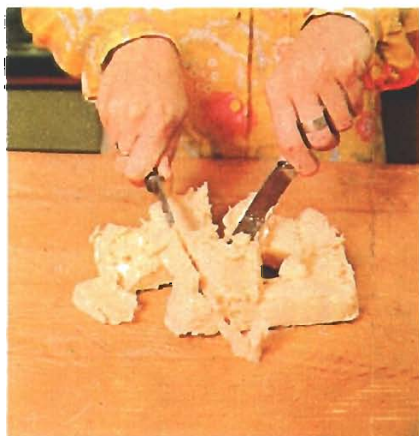
1 tablespoon sugar

1 cup water

1 egg, beaten

3⅓ cups sifted all-purpose flour

½ teaspoon salt



1. Let butter come to room temperature; thoroughly cut in 4 tablespoons flour with 2 forks or pastry blender.



2. Shape mixture into rectangle about ½ inch thick. Place between sheets of waxed paper; refrigerate while preparing Yeast Dough Mixture.



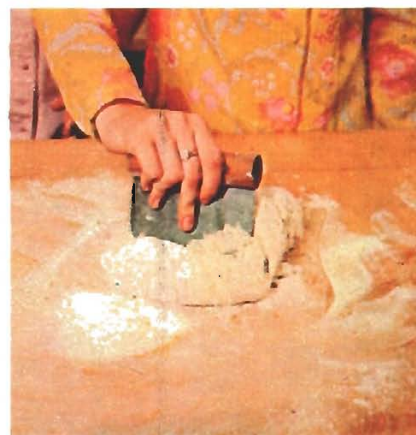
3. Place yeast and sugar in bowl. Add small amount of water; stir until smooth, adding remaining water. Add egg; blend well.



4. Combine flour and salt. Shape into ring on working surface; make well in center. Pour small amount of yeast mixture into well.

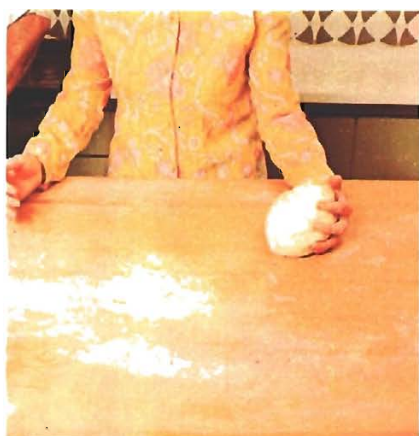


5. Begin working flour into liquid with 2 knives or pastry blender; add liquid as needed. Do not break flour wall.

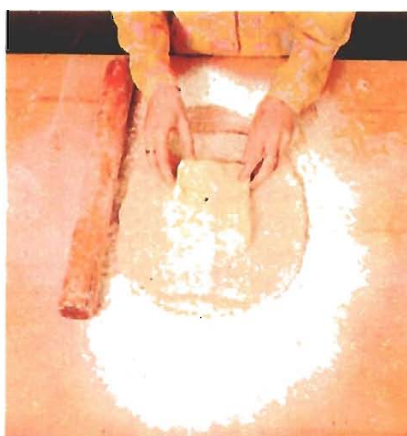


6. When all yeast mixture has been added, work in remaining flour with pastry scrapers or with hands if necessary. Work until smooth; shape dough into ball.

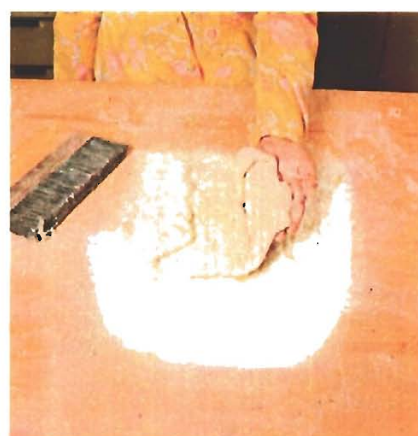




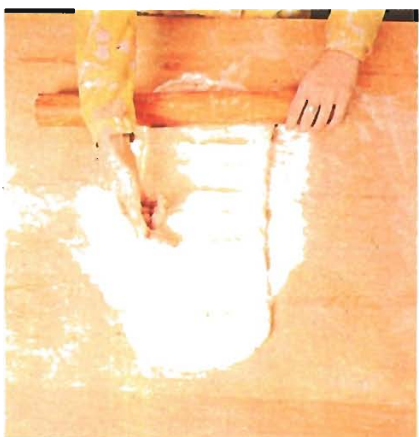
7. Lightly flour hands; slap the dough from palm to palm across a space of about 20 inches. Do this about 100 times; reshape dough into ball when necessary. Slap dough onto counter; when it breathes perceptibly a second or two it is active and ready.



8. Roll dough on lightly floured board into 15 × 17-inch rectangle. Place chilled butter mixture in center.



9. Begin folding dough with end nearest you; fold just over center of butter mixture. Bring opposite end up over center; make ends overlap. Fold sides to center; turn folded dough over on lightly floured board so that edges are underneath.



10. Roll dough into long, narrow rectangle; use pressing, bumpy movements with rolling pin. Bubbles will appear on surface, which indicates dough is springy and active.



11. Fold end of dough nearest you just over center; bring opposite end over this fold. Give dough a half turn so that a folded edge is toward you.



12. Turn the dough over on lightly floured board so that folded edges are underneath. Roll dough 2 more times, same size; make same folds and half-turns between each roll. Place dough on lightly floured tea towel; wrap. Refrigerate a minimum of 45 minutes. Dough is ready to roll and use as recipe directs.

## PASTRY

### basic cream-puff pastry

**¾ cup milk**  
**2 tablespoons butter**  
**1 tablespoon sugar**  
**⅛ teaspoon salt**  
**¾ cup sifted all-purpose flour**  
**3 eggs**

Combine milk, butter, sugar, and salt in heavy saucepan. Cook over medium heat until butter is melted and sugar dissolved; stir constantly. Add all the flour. Stir vigorously with wooden spoon until mixture is smooth and leaves sides of pan, forming a ball. Turn off heat; add 1 egg. Beat until well mixed. Continue adding eggs one at a time; beat well after each addition. (An electric mixer can be used to beat in eggs.) Beat until smooth; cover lightly. Let stand until cool.

Spoon pastry into icing bag with 1-inch plain piping tube attached; pipe out as desired onto lightly greased baking sheet. Bake in preheated 450°F oven 8 minutes. Reduce oven temperature to 350°F; bake 20 to 40 minutes, depending on size of puffs or éclairs, until dry. Cool on wire racks; fill as desired.

### basic pastry

**1 cup all-purpose flour**  
**½ teaspoon salt**  
**⅓ cup shortening**  
**2 tablespoons water**  
Yield pastry for 8- or 9-inch 1-crust pie

**1½ cups all-purpose flour**  
**¾ teaspoon salt**  
**½ cup shortening**  
**3 tablespoons water**  
Yield pastry for 8-inch 2-crust pie

**2 cups all-purpose flour**  
**1 teaspoon salt**  
**⅔ cup shortening**  
**¼ cup water**  
Yield pastry for 9-inch 2-crust pie

Sift flour and salt into bowl. Cut in shortening with pastry blender until particles are size of peas. Sprinkle with water, 1 teaspoon at a time; mix lightly with fork. Gather dough together with fingers; press into ball. Refrigerate until required.

*Note: If a pie shell is baked without a filling it is referred to as being baked "blind". Line pie plate with pastry; prick bottom with fork or put piece of greased paper (greased-side-down) in bottom. Fill with rice, beans, or crusts of bread. (These can then be stored for future use.) Remove paper and beans a few minutes before end of cooking.*

### basic puff pastry

**2 cups butter**  
**Ice water**  
**3¾ cups 3-times sifted all-purpose flour**  
**½ teaspoon salt**  
**2 tablespoons chilled lemon juice**  
**¾ cup ice water**



1. Place 1¼ cups butter in large mixing bowl filled with ice water. Knead with hands until butter has consistency of soft dough and is free from lumps. (You will have to remove your hands from the icy water several times during kneading process.) Place butter in double thickness of muslin or tea towel; squeeze to remove excess water.



2. Rub ice cubes over working surface to chill thoroughly. Place butter on cold surface; shape evenly into rectangle about ½ inch thick. Place on dry piece of muslin or towel. Wrap; refrigerate.





3. Thoroughly chill working surface again with ice.

Sift flour with salt onto cold surface. With fingers work flour out from center to form ring.

Cut remaining  $\frac{1}{4}$  cup butter into small pieces in center of ring.



5. This breaks down butter to form small granules. Chill and dry hand frequently during process.



7. Shape into smooth ball; sprinkle ball with additional sifted flour. Wrap in cloth; chill 30 minutes.



4. Chill working hand in ice water until cold; dry. Mix flour, small amount at a time, with butter inside ring by rubbing flour with butter between thumb and first 2 fingers.



6. Reshape ring; pour chilled lemon juice and  $\frac{1}{4}$  cup ice water in center. Work flour mixture from inner ring into liquid, using 2 knives; add small amounts of water and work in flour mixture until all ingredients are moistened.



8. Again ice cleaned working surface. Place dough on chilled, floured surface; roll into long, narrow  $\frac{1}{2}$ -inch-thick rectangle.

Remove butter from muslin; place in center of rectangle.

## PASTRY



9. Bring edge of rectangle nearest you up and over to center of butter. Brush off excess flour; press down gently. Fold left, then right sides to center. Brush again; press down gently. Bring top flap over; press down gently. Lift dough and re-flour surface, if necessary.



11. Fold edge nearest you to center; fold top edge to center. Fold top over to bottom edge. Make  $\frac{1}{2}$  turn to right; stick finger in top edge of dough to indicate starting position for next rolling step. Wrap securely in waxed paper; refrigerate 30 minutes.

### basic savory short pastry

4 cups self-rising flour  
 $\frac{1}{2}$  cup butter, softened  
 $\frac{1}{2}$  cup vegetable shortening  
1 cup freshly grated Parmesan cheese  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
1 cup cold water

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10. Now begins the all-important part of making puff pastry—blending the butter into the dough. In all rolling and handling of dough care must be taken not to let butter break through dough, or air trapped between layers will escape. If this should happen, patch hole with small amount of flour. Air trapped between layers will expand when baked and cause pastry to puff. Roll gently, keeping rectangular shape; do not roll over ends.



12. Remove dough from refrigerator; place on iced, floured surface with finger mark at top of working surface. Repeat 3 rolling, folding, and turning procedures as before; chill 30 minutes after second, third, and fourth rollings. After fifth roll, wrap; chill at least 3 hours. Roll out sixth and final roll as recipe directs; bake immediately. (After fifth roll, dough can be chilled overnight. Let stand at room temperature 30 minutes before rolling.)

Sift flour into mound on clean working surface. Shape into large ring; form high wall. Place butter, vegetable shortening, cheese, salt, and pepper in center of ring; add half the water. Work up center mixture with 2 table knives; use cutting motion. Carefully work in flour from inside of ring; add more water if needed. Mix until all flour is added and dough holds together; gather dough into ball. Place in bowl; cover with towel. Refrigerate.



erate at least an hour. Can be wrapped securely in plastic wrap or aluminum foil and stored in refrigerator for a week.

Instructions for oven temperature and length of baking time are included in recipes that call for this pastry.

## basic seasoned flour

- 4 cups all-purpose flour
- ¼ cup salt
- 2 tablespoons freshly ground pepper
- 2 tablespoons dry English mustard
- 1 tablespoon paprika
- 1 teaspoon basil
- 1 teaspoon chervil
- 1 teaspoon thyme
- 1 teaspoon parsley flakes

Sift flour, salt, pepper, mustard, and paprika together; stir in herbs. Store in airtight container for use as needed. Yield about 4½ cups.

## basic strudel pastry

- 1½ cups all-purpose flour
- ¼ teaspoon salt
- 1½ teaspoons butter, softened
- 1 teaspoon lemon juice
- ½ cup lukewarm water
- Melted butter

Sift flour and salt together onto pastry board; shape into ring. Put butter and lemon juice in center of ring; cut into flour with 2 table knives or pastry blenders. Add water gradually, working in flour from inside of ring. Use pastry scrapers to work dough until all flour is moistened; gather into ball. Sift additional flour lightly over board; knead dough with heel of hand 15 minutes.

Dust warm baking sheet with flour. Place dough ball on baking sheet; invert warm bowl over dough. Let stand 30 minutes.

Place sheet or tablecloth on card table or kitchen table; dust generously with flour.

Dust dough lightly with flour on all sides. Roll thin on lightly floured board; lift carefully on back of hands to center of floured cloth on table. Brush dough lightly with melted butter. Place hands under dough; start working from center, palms downward, folding hands into loose fist. With slightly raised knuckles, pull gently and evenly from center to edge until tissue-paper thin. Dough will be thicker at edge. Two people working together can do this easily; but one person can stretch dough properly. Be sure to work with palms down to avoid making holes in dough. Brush with butter; let stand 15 minutes to dry. Trim off thicker edge before using as needed. Yield enough for 1 large strudel.



1. Illustration of how to mix Basic Short Pastry. Ring has been formed with sifted flour and egg yolks, sugar, and butter placed in middle. With 2 table knives flour is worked into center mixture, adding water to form smooth, thick paste. In foreground are 2 professional pastry-cook's scrapers.



2. Completed pastry was placed on floured cloth. Slide pastry-cook's scraper over working surface to pick up flour and dough scraps. Shake flour and scraps into small sieve held over bowl (extra flour passing through sieve can be used again in baking). A special pastry sweeper, in the left foreground above, is useful for brushing up every bit of flour. In place of these use knife or rubber scraper and damp cloth to clean surface.

## basic sweet short pastry

- 4 cups self-rising flour
- 1 cup butter, softened
- ½ cup extra-fine sugar
- 2 egg yolks
- ¼ cup cold water

Sift flour into mound on clean working surface. Shape into large ring; form high wall. Place butter, sugar, and egg yolks in center of ring. Add water; work up center mixture with 2 table knives or pastry scrapers to form smooth paste. Work in flour carefully from the inside of ring; add more water if needed. Mix until pastry is thick and light; gather dough into ball. Place on lightly floured cloth; cover loosely. Refrigerate at least 1 hour before using. Can be wrapped securely and stored in refrigerator up to a week.

## french pie pastry (pâte brisée)

- 2 cups all-purpose flour
- ½ teaspoon salt

## PASTRY

**½ cup butter**

**½ to ¾ cup water**

Sift flour and salt; rub in butter with fingertips. Make well in center; add water a little at a time. The index finger is really best to do this, or use a fork and stir in spiral fashion, beginning at inside of well and gradually moving to outer edge. Dough should be soft enough to gather up into a ball, but not sticky. Roll in foil; refrigerate for 2 to 24 hours before using. Can be stored a week or more. Yield enough for 9-inch pie plate.

### graham-cracker crust

**⅓ cup butter or margarine**

**2 tablespoons sugar**

**1¼ cups graham-cracker crumbs**

Stir butter and sugar together in saucepan over low heat until butter is melted. Blend in cracker crumbs. Press evenly into pie pan; chill. Yield enough for 8- or 9-inch pie.

### hot-water pastry

**2½ cups cake flour**

**½ teaspoon salt**

**1 egg yolk**

**¼ cup plus 2 tablespoons lard**

**½ cup water**

Sift flour and salt into bowl; make well in center. Drop in egg yolk; cover with some of flour.

Put lard and water into small pan; heat slowly until lard melts. Increase heat; bring to boiling point.

Pour all liquid into flour; mix vigorously with wooden spoon until pastry is cool enough to handle. Use hand to knead until dough is smooth. Let rest in warm place 20 to 30 minutes; use warm.

### never-fail short pastry

**1 cup vegetable shortening**

**½ cup boiling water**

**1 teaspoon salt**

**3 cups sifted all-purpose flour**

Cream shortening with boiling water until well mixed, by hand or with electric mixer. Add salt, and flour all at once; stir until thoroughly mixed. Form into ball; chill in covered container at least an hour. Roll half the dough for single shell. Fit into pie pan; prick well around edges and bottom with fork. Bake at 450°F 15 minutes for single crust. Dough can be kept at least 3 weeks in refrigerator. Yield: pastry for 2 (9-inch) pie crusts.

### pastry made with oil

**1½ cups all-purpose flour**

**½ teaspoon salt**

**⅓ cup vegetable oil**

**2 tablespoons cold water**

Yield pastry for 8- or 9-inch 1-crust pie

**2 cups all-purpose flour**

**1 teaspoon salt**

**½ cup vegetable oil**

**3 tablespoons cold water**

Yield pastry for 8- or 9-inch 2-crust pie

Sift flour and salt into bowl. Add oil; mix with pastry blender or fork until mixture looks like fine bread crumbs. Sprinkle with water; mix with fork. Gather dough together with fingers; press into ball. Add a little more oil if too dry. This pastry is best rolled out between waxed paper.

Do not store in refrigerator; use at once.

### rough puff pastry

**3½ cups sifted all-purpose flour**

**1 teaspoon salt**

**1 cup butter**

**¾ cup vegetable shortening**

**1 cup ice water**

Sift flour with salt into mound on clean working surface. Shape into large ring; form high wall. Place butter, shortening, and half the water in center. Work center mixture together with cutting motion; use 2 table knives or pastry scrapers. Work in flour carefully from inside of ring; add more water as needed. Work with knives until all flour is added and dough holds together; gather dough into ball.

Chill working surface thoroughly with ice; dust with flour. Roll pastry into long, thin rectangle. Fold top edge down to center; bring bottom edge to top fold. Fold bottom to top again, making 5 layers. Turn pastry clockwise ½ turn, so edges on left and right are at top and bottom. Repeat rolling and folding steps 2 more times. Wrap folded pastry securely in plastic wrap. Store in refrigerator at least 24 hours before using. Will keep in refrigerator up to 7 days. Bake as directed in each individual recipe.

### royal short pastry

**2 cups all-purpose flour**

**1 teaspoon salt**

**¼ cup vegetable shortening**

**1 teaspoon vinegar**

**1 egg**

**1 to 2 tablespoons water**

Sift flour and salt together into bowl. Add shortening; blend with pastry blender until mixture resembles meal. Add vinegar and egg; mix. Add water a tablespoon at a time until ingredients hold together. Roll pastry on floured surface to fit 2 (9-inch) pie pans. Place in pans; crimp or flute edges. Prick sides and bottoms well with fork. Bake in preheated 400°F oven 15 to 17 minutes or until lightly browned. Yield pastry for 2 (9-inch) pie crusts.



## braised pheasant with chestnut puree and orange

4 to 5 tablespoons butter  
1 large pheasant  
2 onions, sliced  
2 small carrots, sliced  
2 or 3 stalks celery, sliced  
2 tablespoons flour  
1½ cups stock  
¼ cup cider (or white wine)  
3 oranges  
1 tablespoon mixed herbs  
Salt and pepper  
1 large can chestnut puree

Melt 2 to 3 tablespoons butter in flameproof casserole or Dutch oven. Brown bird slowly all over. Remove bird; keep warm.

Add onions, carrots, and celery; cook until they begin to brown slightly. Add flour; cook a few minutes. Add stock and cider; stir well. Bring to boil; simmer a few minutes. Add zest (outer skin) of 1 orange, herbs, and seasoning. Put pheasant back into casserole; spoon sauce over. Cover casserole; put into preheated 350°F oven about 50 minutes, until pheasant is tender. When pheasant is removed from casserole, boil up cooking juices; put into liquidizer or blender. When smooth, return to pan; if too thick, add a little extra stock. Season to taste; reheat.

Meanwhile, melt 2 tablespoons butter in pan; add chestnut puree. Heat to soften puree; add 2 to 3 tablespoons stock and seasoning. Keep warm until pheasant is tender; place down center of serving dish. Place carved slices and joints on top; spoon sauce over all.

## PHEASANT

Remove zest of second orange carefully; cut into thin shreds. Cook in boiling water a few minutes; drain. Put into cold water to restore color. Remove white pith and skin from all oranges with sharp knife; divide into segments. Arrange segments around edge of dish and strips down center. Yield 4 to 6 servings.

## pheasant with grapes and white wine sauce

4 tablespoons butter  
1 pheasant  
2 tablespoons flour  
½ cup clear stock  
½ cup white wine  
1½ cups white grapes, seedless if available  
3 tablespoons lemon juice

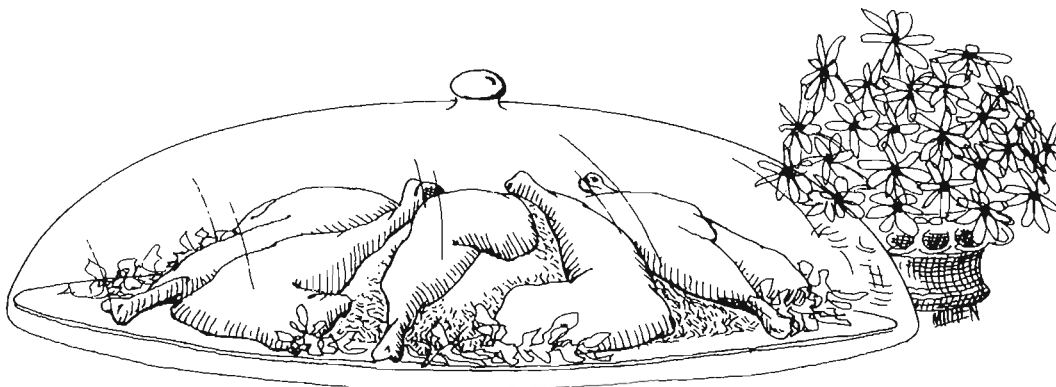
Melt butter in heatproof casserole or Dutch oven; when hot sauté pheasant gently all over until golden brown. Remove bird.

Add flour, stock, and wine; blend smoothly. Bring to boil; add seasoning. Return bird to casserole; cover. Cook in preheated 350°F oven 35 to 45 minutes, until pheasant is tender; turn during cooking.

Peel grapes by dipping in boiling water a few seconds, then in cold water. Strip skins; if not seedless, remove seeds. Cover with a little lemon juice to prevent browning.

When bird is tender, remove; carve. Place meat on serving dish; keep warm.

Add grapes to sauce; cook couple of minutes. Season to taste; spoon over pheasant. Serve with mashed potatoes and peas or spinach. Yield 4 servings.



# PIES

## DESSERT

### apple chiffon pie

#### *crust*

**1/3 cup butter or margarine**

**2 tablespoons sugar**

**1 1/4 cups graham-cracker crumbs**

Stir butter and sugar together in saucepan over low heat until butter is melted. Mix in crumbs. Press evenly into 9-inch pie pan; chill. Yield 9-inch pie, 8 servings.

#### *filling*

**3 egg yolks, slightly beaten**

**1/3 cup apple cider**

**1 tablespoon lemon juice**

**1 teaspoon grated lemon rind**

**2 tablespoons sugar**

**1 tablespoon unflavored gelatin**

**1/4 cup cold water**

**2 cups pared, shredded apples (about 2 medium)**

**3 egg whites**

**1/4 teaspoon salt**

**1/4 cup sugar**

**Nutmeg to taste**

Mix egg yolks, cider, lemon juice, lemon rind, and 2 tablespoons sugar. Cook over low heat, stirring constantly, until mixture begins to thicken, about 2 minutes.

Sprinkle gelatin on water; let stand a few minutes. Add to hot mixture; stir until dissolved. Cool until thick but not set. Stir apples into gelatin mixture immediately after shredding.

Beat egg whites until foamy. Add salt; beat until soft peaks form. Slowly add 1/4 cup sugar; beat constantly until stiff. Fold into apple mixture.

Pour filling into graham-cracker shell; sprinkle with nutmeg. Chill until firm.

### apricot cheese pie

**3 cups crushed sweet cracker crumbs**

**1/2 teaspoon grated nutmeg**

**1/2 cup butter**

**1 1/2 cups cream cheese**

**1/2 cup sweetened condensed milk**

**4 dessert spoons lemon juice**

**1/2 cup whipping cream**

#### *topping*

**1 teaspoon gelatin**

**2 tablespoons water**

**1 cup apricot jam**

**2 tablespoons sugar**

Butter 9-inch pie plate.



*apricot cheese pie*

Put crumbs in bowl with nutmeg.

Melt butter; add enough to crumbs so that when squeezed in hands mixture will form firm ball. Press firmly around sides and bottom of pie plate. Refrigerate while preparing filling.

Sieve cheese. Add condensed milk and lemon juice; beat until smooth. (Or spin the 3 ingredients in food processor.)

Whip cream; fold into cheese mixture. Pour into crumb crust; refrigerate while preparing topping.

Soften gelatin in 1 tablespoon water. Sieve jam. Add sugar and remaining water; stir over low heat until sugar has dissolved. Boil, without stirring, 2 minutes; remove from heat. Add gelatin; stir until dissolved. Let cool a little; spoon over cream-cheese filling. Refrigerate well before serving. Garnish with a little whipped cream. Yield 6 to 8 servings.



## banana cream pie

½ cup sugar  
 ¼ teaspoon salt  
 ⅓ cup flour  
 1 ⅓ cups milk  
 ¾ cup water  
 3 egg yolks, beaten  
 1 cup bananas, thinly sliced  
 9-inch baked pie shell (see Index: Basic Pastry)  
**Meringue**

Combine sugar, salt, flour, milk, and water over low heat. When hot, add small amount to egg yolks; mix. Pour back into custard; cook 3 to 4 minutes. Add bananas. Pour into pie shell. Top with meringue. Yield 9-inch pie.

### *meringue*

3 egg whites  
 ⅓ cup sugar  
 ½ teaspoon baking powder

Beat egg whites until almost stiff. Add sugar gradually, beating continuously. Add baking powder; beat until glossy.

## blueberry pie

4 cups fresh blueberries or dry-pack frozen blueberries, rinsed, drained  
 ¾ cup sugar  
 Juice of 1 lemon  
 1 ⅓ cups flour  
 2 teaspoons sugar  
 Dash of salt  
 1 cup vegetable shortening  
 4 tablespoons ice water

Sprinkle blueberries with ¼ cup sugar; squeeze lemon juice over top. Set aside.

Sift flour, 2 teaspoons sugar, and salt into mix-

ing bowl. Cut shortening into flour. Gradually add ice water; mix with pastry blender. Chill dough. Divide dough into 2 parts. Roll out half on floured board until thin enough to cover sides and bottom of 9-inch pie plate. Prick bottom with fork. Bake bottom crust 10 minutes at 400°F. This prevents berry juice from soaking through crust. Cool bottom crust about 10 minutes while rolling out remaining dough and cutting into strips.

Fill bottom shell with blueberries; place strips of dough across top for latticework effect. Use 1 or 2 long strips around edge of plate to seal crusts. Bake no longer than 20 minutes at 400°F. If desired, top crust can be rolled in 1 piece and used to make a 2-crust pie. Yield 6 to 8 servings.

## bouffant lemon-meringue pie

½ recipe Basic Sweet Short Pastry (see Index)

8 egg yolks  
 1 ½ cups sugar  
 ⅔ cup fresh lemon juice  
 2 envelopes unflavored gelatin  
 1 teaspoon grated orange rind  
 2 tablespoons grated lemon rind  
 4 egg whites  
 1 teaspoon cream of tartar  
 1 recipe Meringue Topping

*bouffant lemon-meringue pie*



## PIES • DESSERT

Roll out pastry on lightly floured surface to  $\frac{1}{8}$ -inch-thick circle. Line greased 10-inch pie pan with pastry; trim along inside rim of pie pan.

Roll out pastry trimmings into long strip 1 inch wide; make folds in strip at 1-inch intervals. Place upright along edge of pastry in pie pan; overlap  $\frac{1}{2}$  inch. Seal strip to pastry with water. Bake blind (see Index: Basic Pastry) in preheated 400°F oven 10 minutes. Reduce oven temperature to 375°F. Bake 15 minutes. Remove from oven; remove peas and paper. Bake 4 to 5 minutes longer, until lightly browned; cool.

Beat egg yolks in mixer bowl with electric mixer until lemon-colored. Add 1 cup sugar gradually; beat until well blended. Beat in lemon juice gradually; pour into top of double boiler over hot water. Cook, beating constantly, until thickened and foamy.

Soften gelatin in  $\frac{1}{4}$  cup water; stir into egg-yolk mixture until dissolved. Place top of double boiler in bowl of iced water; stir until cooled. Stir in orange and lemon rinds.

Beat egg whites and cream of tartar in large mixer bowl until soft peaks form. Fold  $\frac{1}{4}$  of egg-white mixture into gelatin mixture with wire whisk or spatula to loosen gelatin mixture. Fold in remaining egg-white mixture until well blended, turn into pie crust. Spoon Meringue Topping over filling carefully, sealing to crust; swirl top with spoon. Bake in a preheated 400°F oven 5 to 8 minutes or until meringue is golden brown. Cool thoroughly. Pie can be chilled until served. Yield 6 to 8 servings.

### *meringue topping*

**5 egg whites**

**1 teaspoon cream of tartar**

**$\frac{3}{4}$  cup sugar**

Beat egg whites and cream of tartar in large mixer bowl until frothy. Beat in sugar 1 tablespoon at a time; beat until stiff peaks form. Use as recipe directs. Yield enough for 1 (10-inch) pie or 2 (8-inch) pies.

## butterscotch pie

**1 (9-inch) baked pastry shell** (see Index: Basic Pastry) or Graham-Cracker Crust (see Index)

**2 cups milk**

**1 cup firmly packed brown sugar**

**3 tablespoons cornstarch**

**2 egg yolks, beaten**

**3 tablespoons butter**

**Whipped cream**

Prepare pastry shell or crumb crust.

Put  $\frac{1}{2}$  cup milk and sugar in top of double boiler; heat until sugar has dissolved.

Blend cornstarch smoothly with remaining milk. Add beaten egg yolks; stir into pan. Stir



*chocolate marshmallow pie*

until mixture thickens. Cook 5 minutes; stir constantly. Remove from heat. Stir in butter. Pour into pastry shell. Chill thoroughly; serve with whipped cream. Yield 5 or 6 servings.

## chocolate marshmallow pie

**1 (8-inch) baked pastry pie shell**

**2 squares (2 ounces) unsweetened chocolate**

**2 tablespoons sugar**

**$\frac{1}{2}$  cup milk**

**12 marshmallows**

**$1\frac{1}{2}$  cups whipping cream**

**$\frac{1}{2}$  cup chopped toasted almonds or shaved chocolate**

Put chocolate, sugar, milk, and marshmallows into top of double boiler; stir over hot water until melted. Let cool; stir frequently.



Whip cream; fold into mixture. Pour into pastry shell; sprinkle with almonds or shaved chocolate. Chill thoroughly before serving. Yield 4 or 5 servings.

## **chocolate pie**

**1 (10-inch) graham-cracker or pastry pie crust** (see Index)

**6 eggs, separated**

**6 squares unsweetened chocolate, melted**

**¼ cup sugar**

**½ pint whipping cream**

Prepare crust.

Beat egg whites until stiff; set aside.

Combine chocolate, egg yolks, and sugar; fold into whites. Pour into pie shell; refrigerate. Whip cream for topping. Yield 6 to 8 servings.

## **classic boston cream pie**

*cake*

**⅓ cup butter or margarine**

**1 cup sugar**

**2 eggs**

**1 teaspoon vanilla**

**1¼ cups unsifted all-purpose flour**

**1½ teaspoons baking powder**

**¼ teaspoon salt**

**¾ cup milk**

Preheat oven to 350°F.

Cream butter, sugar, eggs, and vanilla in medium bowl until light and fluffy.

Combine dry ingredients; add alternately with milk to creamed mixture. Pour batter into well-greased and floured 9-inch layer pan. Bake 30 to 35 minutes or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely on rack. Cut into 2 thin layers. Spread filling onto 1 layer; top with remaining layer. Pour glaze on top; let some drizzle down sides. Chill before serving. Yield 6 servings.

*filling*

**⅓ cup sugar**

**2 tablespoons cornstarch**

**1½ cups milk**

**2 egg yolks, slightly beaten**

**1 tablespoon butter**

**1 teaspoon vanilla**

Combine sugar, cornstarch, milk, and egg yolks in saucepan. Cook and stir over medium heat until mixture boils; boil and stir 1 minute. Remove from heat; blend in butter and vanilla. Cover; chill.

*glaze*

**3 tablespoons water**

**2 tablespoons butter**

**3 tablespoons cocoa**

**1 cup confectioners' sugar**

**½ teaspoon vanilla**

Combine water and butter in small saucepan; bring to full boil. Remove from heat; immediately stir in cocoa. Beat in sugar and vanilla (whisk if necessary) until smooth; cool slightly.

## **covered mincemeat flan**

**3 cups mincemeat**

**2 tablespoons brandy or rum**

**1 recipe Basic Sweet Short Pastry** (see Index)

Combine mincemeat and brandy; set aside.

Roll out half the pastry on lightly floured board. Cut 10- to 11-inch circle.

Place 9-inch flan ring on floured baking sheet; place pastry in ring. Press pastry slightly around bottom and sides of ring, bringing pastry to top. Spoon mincemeat into pastry. Push pastry around side of ring over mincemeat; brush with cold water.

On lightly floured board roll out remaining pastry into circle; place over top of flan ring. Cut off surplus pastry by rolling pin over rim of ring. Pinch edges of pastry together to seal securely. Bake in preheated 375°F oven about 50 minutes, until top is browned. Remove ring. Dust generously with confectioners' sugar.

A 9-inch cake pan with removable bottom can be used, if desired. Yield about 8 servings.

## **cream-cheese pie**

*crust*

**12 cinnamon graham crackers**

**3 tablespoons butter, melted**

**1 tablespoon sugar**

**½ teaspoon cinnamon**

**Pineapple tidbits, drained**

Crush crackers in plastic bag with rolling pin or spin in food processor; put in bowl. Add butter, sugar, and cinnamon; mix well. Line bottom and sides of deep 8-inch pie plate with crumb mixture. Arrange pineapple tidbits on shell.

*filling*

**2 eggs**

**½ cup sugar**

**1 pound cream cheese**

**2 tablespoons sour cream**

**1 teaspoon vanilla**

Beat eggs. Add sugar, cream cheese, sour cream, and vanilla; beat until smooth. Pour into pie pan. Bake at 350°F 25 minutes. Yield 6 to 8 servings.



*covered mincemeat flan*

## fresh peach pie

**Pastry for 2 pie crusts (see Index)**

**4 cups pared, sliced peaches**

**$\frac{3}{4}$  cup sugar**

**1 tablespoon cornstarch**

**1 tablespoon lemon juice (optional)**

Preheat oven to 400°F.

Prepare pastry.

Mix peaches lightly with other ingredients in bowl. Put into pastry-lined pan. Top with second crust. Fold edges of pastry under; press together firmly to seal. Bake 50 to 60 minutes, until browned. Yield 6 to 8 servings.

## key lime pie

**1 tablespoon unflavored gelatin**

**1 cup sugar**

**$\frac{1}{4}$  teaspoon salt**

**4 eggs, separated**

**$\frac{1}{2}$  cup lime juice**

**$\frac{1}{4}$  cup water**

**1 teaspoon grated lime peel**

**Green food coloring**

**1 cup whipping cream, whipped**

**1 baked 9-inch pie shell (see Index: Basic Pastry)**

Mix gelatin,  $\frac{1}{2}$  cup sugar, and salt in saucepan.

Beat egg yolks, lime juice, and water together; stir into gelatin mixture. Cook over medium heat, stirring constantly, until mixture comes to boil. Remove from heat; stir in grated peel. Add enough coloring for pale-green color. Chill, stirring occasionally, until thickened.

Beat egg whites until soft peaks form. Add remaining sugar gradually; beat until stiff peaks form. Fold gelatin mixture into egg whites; fold in whipped cream. Spoon into pastry shell; chill until

firm. Spread with additional whipped cream; sprinkle additional grated lime peel around edge of pie. Yield 6 to 8 servings.

## lemon-chiffon pie

**2 cans evaporated milk**

**2 boxes lemon gelatin**

**1 cup hot water**

**1 cup sugar**

**Juice of 2 lemons**

**2 cups graham-cracker crumbs**

**2 packages ladyfingers**

**Whipped cream (optional)**

Place milk in bowl; let freeze slightly.

Mix gelatin and water; let jell slightly.

Beat milk and sugar in large cold bowl at high speed until thick. Add lemon juice and gelatin mixture; beat slightly.

Butter a 9-inch springform pan. Press cracker crumbs on bottom and ladyfingers around sides. Pour lemon mixture in; chill. Unmold; garnish with whipped cream. Yield 10 to 12 servings.

## lemon-cloud pie

**$\frac{1}{2}$  recipe Royal Short Pastry (see Index)**

**1 envelope unflavored gelatin**

**$\frac{3}{4}$  cup sugar**

**$\frac{1}{4}$  teaspoon salt**

**1 cup water**

**$\frac{1}{3}$  cup lemon juice**

**2 egg yolks, slightly beaten**

**$1\frac{1}{2}$  teaspoons grated lemon rind**

**2 cups frozen whipped topping, thawed**

Prepare pastry for 1 pie crust; cool.

Combine gelatin, sugar, and salt in saucepan. Add water, lemon juice, and egg yolks; blend well.





Place over medium heat; cook, stirring constantly, about 5 minutes, until gelatin is dissolved. Remove from heat; stir in lemon rind. Turn into mixing bowl; chill until thickened. Place mixing bowl in larger mixing bowl containing ice and water. Beat with electric mixer until double in volume. Blend in  $1\frac{1}{2}$  cups whipped topping. Spoon into pie crust; chill 3 to 4 hours, until firm. Place remaining whipped topping in center of pie; garnish with twisted lemon slice, if desired. Yield 6 to 8 servings.

## lemon ladyfinger pie

2 packages ladyfingers  
1 package unflavored gelatin  
 $\frac{1}{4}$  cup cold water  
8 eggs, separated  
1 cup sugar  
Juice of 3 lemons

Line sides of buttered 10-inch springform pan with ladyfingers. Line bottom of pan with pieces of ladyfingers.

Mix together gelatin and water; let soak.

In top of double boiler beat together egg yolks, sugar, and lemon juice. Cook until mixture coats spoon; stir constantly. Stir gelatin mixture into hot custard; cool slightly.

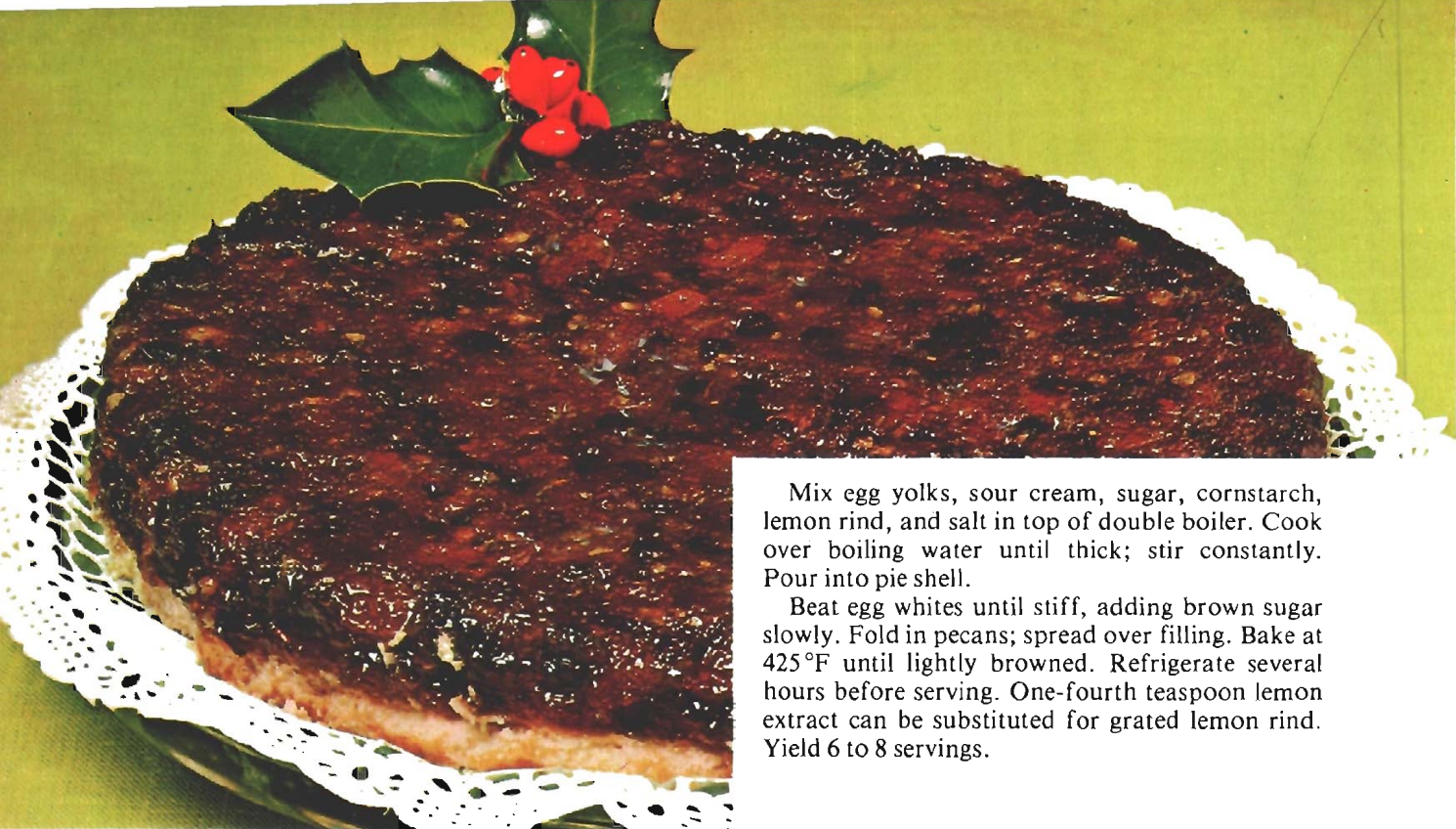
*lemon-cloud pie*

Beat egg whites until stiff; carefully fold into custard. Pour mixture into lined pan; refrigerate until firm. Top with sweetened whipped cream or nondairy topping before serving. Yield 10 to 12 servings.

## lo-cal cheese pie

1 pound cottage cheese  
1 cup pineapple tidbits (packed in own juice)  
1 envelope gelatin  
1 egg  
5 packs sugar substitute  
1 teaspoon vanilla  
1 teaspoon lemon juice  
Cinnamon

Put all ingredients into blender; blend until smooth. Pour into 9-inch pie plate. Sprinkle top of pie with cinnamon. Bake at 350°F 30 minutes. Cool; refrigerate. Yield 8 servings.



*mincemeat tarte tatin*

## mincemeat tarte tatin

$\frac{1}{2}$  recipe Basic Sweet Short Pastry (see Index)  
1 (1-pound 2-ounce) jar mincemeat with brandy and rum

Roll pastry on lightly floured surface to  $\frac{1}{4}$ -inch-thick circle. Place bottom of cake pan with removable bottom on pastry; cut around edge with sharp knife. Place bottom back in pan.

Grease and flour cake pan. Spoon mincemeat into pan; spread evenly. Place pastry circle over mincemeat; press down firmly.

Bake in preheated 375°F oven about 45 minutes or until pastry is lightly browned. Invert pan onto serving platter; remove bottom of pan.

Dust with confectioners' sugar and sprinkle with drops of brandy or rum, if desired. Yield 8 to 10 servings.

## new orleans pecan pie

1 baked 9-inch pie shell, cooled (see Index: Basic Pastry)  
3 eggs, separated  
1 cup sour cream  
1 cup sugar  
4 tablespoons cornstarch  
 $\frac{1}{4}$  teaspoon grated lemon rind  
Pinch of salt  
1 cup packed brown sugar  
1 cup chopped pecans  
Prepare pie shell.

Mix egg yolks, sour cream, sugar, cornstarch, lemon rind, and salt in top of double boiler. Cook over boiling water until thick; stir constantly. Pour into pie shell.

Beat egg whites until stiff, adding brown sugar slowly. Fold in pecans; spread over filling. Bake at 425°F until lightly browned. Refrigerate several hours before serving. One-fourth teaspoon lemon extract can be substituted for grated lemon rind. Yield 6 to 8 servings.

## orange yogurt chiffon pie

$1\frac{1}{3}$  cups vanilla wafer crumbs  
 $\frac{1}{4}$  cup melted butter  
2 envelopes unflavored gelatin  
Sugar  
2 cups yogurt  
1 (6-ounce) can frozen orange-juice concentrate, thawed  
2 egg whites  
Toasted coconut

Combine crumbs and butter; blend well. Press firmly and evenly over bottom and sides of pie plate; build up around rim. Chill.

Combine gelatin and  $\frac{1}{2}$  cup sugar in 1-quart saucepan; stir in 1 cup water. Cook over low heat, stirring constantly, until gelatin is dissolved.

Place yogurt in bowl. Gradually add orange-juice concentrate. Stir in gelatin mixture until smooth.

Beat egg whites until frothy, then beat until stiff peaks form, adding 2 tablespoons sugar gradually. Fold  $\frac{1}{4}$  of meringue into orange mixture; fold in remaining meringue. Chill until mixture mounds when dropped from spoon. Turn into crust; chill until firm. Garnish with toasted coconut. Yield 6 to 8 servings.

## parfait pie

1 can pitted dark cherries  
1 (3-ounce) package dark cherry gelatin  
 $\frac{1}{2}$  cup cold water  
1 pint soft vanilla ice cream  
1 baked pie shell (see Index: Basic Pastry)



Drain fruit; reserve liquid. Add enough water to make 1 cup. Heat juice; dissolve gelatin in hot mixture. Remove from heat; add cold water. Stir in ice cream until melted. Refrigerate 45 minutes. Fold in drained fruit; put in pie shell. Refrigerate at least 1 hour. Yield 6 to 8 servings.

## pecan pie

**1 9- or 11-inch unbaked pie shell (see Index:**

**Basic Pastry)**

**5 eggs**

**$\frac{3}{4}$  cup sugar**

**1½ cups dark syrup**

**1½ cups pecans, chopped or halved**

**$\frac{3}{4}$  teaspoon salt**

**2 teaspoons vanilla**

**Whipped cream (for decoration)**

Prepare pie shell; set aside.

Beat eggs slightly in large bowl. Add sugar, syrup, nuts, salt, and vanilla; mix until nicely blended. Pour into pie shell. Bake at 325°F 50 minutes. When cool, garnish with whipped cream; serve at once. Yield 6 to 8 servings.

## pistachio black-bottom pie

**1 baked and cooled 8-inch pie shell**

**(see Index: Basic Pastry)**

**1 cup light cream**

**1 cup milk**

**1 package instant pistachio pudding**

**1 square (1 ounce) semisweet chocolate, melted, cooled**

**Rum Whipped Cream**

Prepare "blind" 8-inch 1-crust pie shell; cool.

Pour light cream and milk into small, deep mixing bowl. Add pudding; using egg-beater or mixer, slowly beat 2 minutes. Rapidly combine chocolate and  $\frac{1}{2}$  cup pudding; spoon into baked pie shell. Spoon remaining pudding over chocolate mixture; chill until firm, about 1 hour. Garnish with Rum Whipped Cream. Yield 6 servings.

**rum whipped cream**

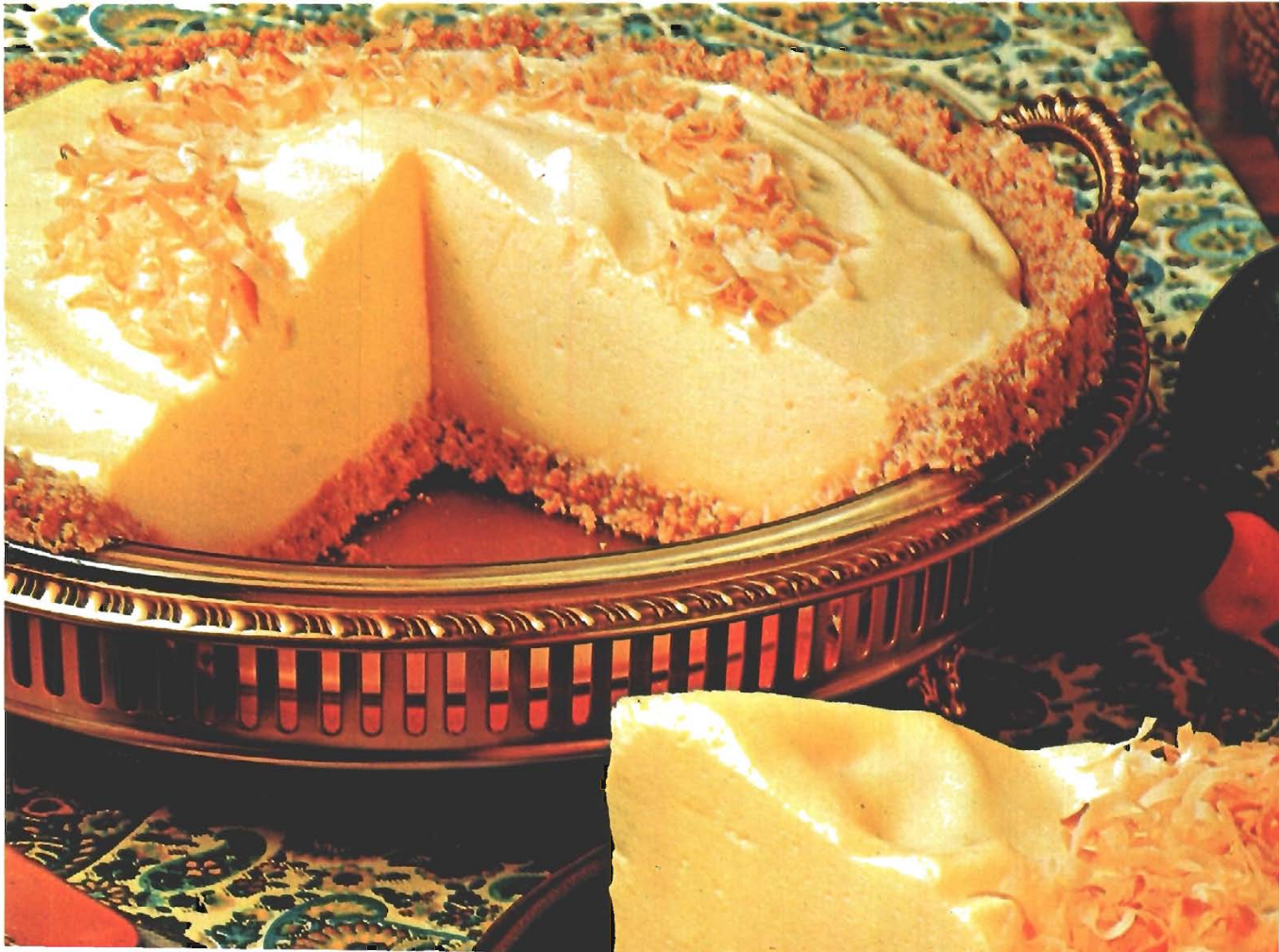
**$\frac{1}{2}$  cup heavy cream**

**2 tablespoons confectioners' sugar**

**1 tablespoon light rum**

Beat cream and sugar in chilled bowl until stiff; fold in rum.

*orange yogurt chiffon pie*





*portuguese almond pastry*

## portuguese almond pastry

**1½ cups all-purpose flour**

**½ cup butter**

**½ cup sugar**

**¼ cup water**

**2 egg yolks, beaten**

### **Almond Filling**

Sift flour onto clean working surface; make well in center.

Cut butter into small pieces; place in well. Add sugar, water, and egg yolks. Blend with 2 pastry scrapers, gathering flour from ring, until of fine-crumb consistency. Shape pastry into smooth ball; work in additional flour, if necessary. Divide pastry into 2 parts. Roll out 1 part on lightly floured surface to ¼-inch thick; cut into circle. Use bottom of cake pan with removable bottom for pattern. Fit circle into pan; spoon Almond Filling over pastry.

Roll out remaining pastry to ¼-inch thick; cut circle slightly larger than bottom circle. Place top pastry over filling. Bake in preheated 375°F oven 45 to 50 minutes, until top crust is lightly browned. Cool 5 minutes; remove from pan. Garnish with sliced toasted almonds, then with confectioners' sugar. Yield 8 to 10 servings.

### **almond filling**

**1½ cups ground almonds**

**¾ cup sugar**

**1½ tablespoons grated lemon rind**

**¼ cup butter, softened**

**3 eggs, slightly beaten**

Combine almonds and sugar in medium-size bowl; stir in lemon rind. Work in butter with fingers until well blended. Add eggs; blend thoroughly with wire whisk. Consistency of filling will be runny when mixed, but will be firm when baked.

## princess ann tart

### **crust**

**½ cup flour**

**1 teaspoon baking powder**

**2 tablespoons sugar**

**Pinch of salt**

**6 tablespoons butter**

**2 tablespoons cold water**

**1 (8-ounce) jar raspberry jam**

Combine flour, baking powder, sugar, and salt. Work in butter until mixture resembles cornmeal. Add water; stir into stiff dough. Roll out dough on floured surface. Place in 9-inch pie pan. Spread jam (it may need to be melted) in bottom crust.

### **custard**

**2 egg yolks**

**1 cup milk**

**1 tablespoon sugar**

**1 teaspoon flour**

**Pinch of salt**

**1 teaspoon vanilla**

Combine all ingredients; beat well. Pour over jam in crust. Bake at 350°F 30 minutes.



*meringue*

- 2 egg whites
- 4 tablespoons sugar
- ¼ teaspoon cream of tartar

Beat egg whites and cream of tartar until soft peaks form, adding sugar gradually. Beat until stiff peaks form. Pour over cooked and cooled filling. Bake at 375°F until browned. Yield 6 to 8 servings.

## pumpkin pie

- 1 unbaked 8-inch pastry shell (see Index: Basic Pastry)
- 1 cup canned pumpkin
- ½ teaspoon cinnamon
- ¼ teaspoon ginger
- ¼ teaspoon nutmeg
- ⅛ teaspoon cloves
- 1 cup milk, half-and-half cream, or evaporated milk
- ½ cup sugar
- 1 egg, slightly beaten
- ½ teaspoon salt

Prepare unbaked pastry shell.

Blend pumpkin and spices thoroughly. Stir in remaining ingredients; mix well. Pour into pastry shell. Bake at 400°F about 1 hour. Pie is done when table knife inserted in center comes out clean. Filling may be soft but will set on cooling. Yield 8-inch pie, 6 servings.

## rhubarb pie

- 1 9-inch double crust pie (see Index: Basic Pastry)
- 4 cups unpeeled, diced, young rhubarb stalks
- ¼ cup all-purpose flour
- 1¼ to 2 cups sugar
- 1 teaspoon grated orange rind
- 1 tablespoon butter

Preheat oven to 450°F.

Prepare pastry; line pie pan with dough.

*strawberry-lime pie*



Combine remaining ingredients in bowl; toss well. Turn into shell. Dot with 1 to 2 tablespoons butter. Cover pie with well-pricked top or a lattice. Bake pie in 450°F oven 10 minutes. Reduce heat to 350°F; bake 35 to 40 minutes, until golden brown. Yield 6 to 8 servings.

## strawberry cream pie

- 9-inch pastry shell (see Index: Basic Pastry)
- ⅓ cup flour
- ½ cup sugar
- 2 cups milk
- 3 small egg yolks
- ½ teaspoon vanilla
- 1 tablespoon firm butter
- 1½ cups strawberries

Bake and cool pastry shell.

Blend flour and sugar in heavy saucepan. Slowly stir in 1 cup milk until smooth. Add rest of milk; cook and stir over direct heat until mixture boils and thickens. Stir ½ cup of hot mixture into well-beaten egg yolks; stir together. Pour back into saucepan; cook and stir 2 minutes. Remove from heat; stir in vanilla and butter. Pour half of mixture into pie shell. Layer strawberries; pour remaining mixture on top. Cool; serve. Yield 6 to 8 servings.

## strawberry-lime pie

- 1 baked 9-inch pie shell (see Index: Basic Pastry)
- 2 envelopes unflavored gelatin
- 1 (6-ounce) can frozen limeade concentrate
- ⅓ cup sugar
- 1 teaspoon grated lime rind
- 1 cup diced strawberries
- 1 cup whipping cream, whipped
- Green food coloring

Prepare pie shell.

Soften gelatin in ½ cup cold water.

Combine limeade concentrate, sugar, and ¼ cup water in small saucepan; cook over low heat, stirring constantly, until concentrate melts and sugar dissolves. Add gelatin; stir until dissolved. Chill until syrupy. Stir in lime rind and strawberries. Fold in whipped cream until blended; tint pale green with food coloring. Chill until mixture mounds when dropped from spoon. Place in pie shell; chill 2 to 3 hours, until firm. Garnish with additional sliced strawberries. Yield about 6 to 8 servings.

## sweet georgia peach pie

- 1 unbaked pie shell (see Index: Basic Pastry)
- 6 to 8 large fresh peaches, peeled, sliced
- 4 eggs

## PIES • DESSERT

**1 cup sugar**

**2 tablespoons flour**

**2 tablespoons melted shortening**

Prepare pie shell; fill with peaches.

Beat eggs well in bowl; add sugar, flour, and shortening. Pour over peaches. It will form its own top crust in baking. Bake at 400°F 15 minutes. Lower oven to 325°F; cook 40 minutes. Let cool to room temperature. Slice; serve. Yield 6 to 8 servings.

### vanilla cream pie

**1 8-inch pastry shell (see Index: Basic Pastry)**

**3 tablespoons cornstarch**

**¼ cup sugar**

**½ teaspoon salt**

**2 cups milk**

**2 egg yolks, beaten**

**2 tablespoons butter or margarine**

**1 teaspoon vanilla**

**½ cup whipping cream**

**1 tablespoon confectioners' sugar**

Prepare, bake, and cool pastry shell.

Mix cornstarch, sugar, and salt in heavy saucepan. Gradually stir in milk. Cook over moderate heat, stirring constantly, until thickened; simmer 1 minute. Stir a little hot mixture into egg yolks; stir yolks into remaining hot mixture. Cook 1 minute; stir constantly. Stir in butter and vanilla. Set in ice water to cool; stir frequently. Pour filling into pastry shell; chill thoroughly.

Before serving, whip cream until stiff; beat in confectioners' sugar. Spread over pie. Yield 4 to 6 servings.

### yogurt cheese pie

**crust**

**1¼ cups graham-cracker crumbs**

**¼ cup sugar**

**¼ cup softened butter or margarine**

**1 teaspoon ground cinnamon**

**filling**

**12 ounces ricotta or farmer cheese**

**1½ cups plain yogurt**

**3 tablespoons honey**

**1 teaspoon vanilla extract**

Combine crust ingredients; press evenly into 9-inch pie pan. Bake at 375°F 5 minutes; cool.

Beat cheese well. Add yogurt a little at a time; mix well. Stir in honey and vanilla. Pour into pie shell; refrigerate at least 24 hours before serving. Yield 8 servings.

## MAIN DISH CHEESE

### swiss cheese pie

**Pâte Brisée (see Index)**

**1½ cups medium White Sauce (see Index)**

**3 to 4 tablespoons heavy cream**

**4 eggs, beaten**

**1½ cups grated Gruyère cheese**

**Nutmeg**

**Salt and pepper**

Make pastry; chill as long as possible. Line 9-inch pie plate.

Make White Sauce; add all other ingredients. Season to taste; pour into pastry shell. Bake in preheated 400°F oven 25 minutes. Yield 5 or 6 servings.

## CHICKEN

### chicken and oyster pie

**12 oysters**

**2 tablespoons butter or margarine**

**1 large breast chicken, cut into strips**

**1 cup sliced mushrooms**

**Oyster liquor, made to ¼ cup with water**

**Pinch each of salt, cayenne pepper, sugar**

**½ cup light cream**

**1 teaspoon cornstarch**

**Milk**

**1 egg yolk**

**7- or 8-inch baked pastry shell (see Index: Basic Pastry)**

**Chopped parsley (garnish)**

**1 or 2 pimientos (can or jar) (garnish)**

Open the oysters; retain liquor.

Heat butter in sauté pan. Add chicken and mushrooms; cook quickly a few minutes.

Heat oyster liquor and water; put in oysters. Leave 7 to 8 minutes, off the heat; lift out into bowl. Add chicken, mushrooms, salt, pepper, and sugar. Stir cream (except 1 tablespoon) into oyster liquor. Add cornstarch, mixed smoothly with a little milk; stir until boiling. Boil 1 minute.

Mix 1 tablespoon cream with egg yolk. Stir a little hot sauce into it; return to pan. Add all other ingredients. Check seasoning; heat through. Pour into warm pastry shell. Sprinkle with parsley; decorate with strips of pimiento. Yield 4 servings.

### chicken pie

**1 (2- to 2½-pound) chicken**

**2 cups water**

**½ cup white wine**



1 stalk celery, sliced  
 1 carrot, peeled, sliced  
 1 shallot, peeled, chopped  
 ½ teaspoon salt  
 ½ teaspoon poultry seasoning  
 4 slices crisp bacon, crumbled  
 2 hard-boiled eggs, peeled, quartered  
 1 medium onion, peeled, diced  
 2 tablespoons chopped parsley  
 1½ cups mushrooms, cleaned, quartered  
 3 tablespoons butter  
 3 tablespoons flour  
 2 cups reserved stock  
 Salt and pepper  
 3 tablespoons cream  
 2 frozen puff pastry shells (from 10-ounce package), defrosted  
 1 egg yolk



*chicken pie*

Wash chicken; pat dry. Place in large saucepan with water, wine, celery, carrot, shallot, ½ teaspoon salt, and poultry seasoning. Bring to boil; reduce heat to low. Cook 40 minutes or until cooked through. Strain; reserve stock. Cool chicken; skin, bone, and cut into 1-inch pieces. Combine chicken, bacon, eggs, onion, parsley, and mushrooms in 9½-inch pie plate; set aside.

Melt butter in medium saucepan. Add flour; cook, stirring constantly, until bubbly. Add stock, salt, and pepper; cook, stirring constantly, until thickened. Stir in 2 tablespoons cream. Pour over chicken mixture.

Lightly flour pastry cloth. Stack puff pastry shells one on top of other; flatten with heels of hands to 4-inch circle. Very carefully roll with floured rolling pin to 9½-inch circle; place on top of pie. Turn edge of crust under; do not attach to pie pan. Cut small circle from center of crust to serve as steam vent. Roll scraps for decoration. Cut into leaf shapes; place on crust.

Beat together egg yolk and 1 tablespoon cream; brush crust well.

Preheat oven to 425°F; bake pie 10 minutes. Reduce heat to 375°F; cook 20 minutes. If crust begins to brown too quickly, cover lightly with foil. Serve hot. Yield 4 to 6 servings.

## chicken pie mexican-style

1 small onion, finely chopped  
 1 tablespoon butter or margarine  
 3 to 4 small tomatoes (1 pound), peeled, chopped  
 Salt and pepper  
 2 or more green chili peppers, peeled, chopped  
 ½ cup cooked peas, fresh or frozen  
 1 tablespoon chopped parsley  
 2 cups cut-up cooked or canned chicken  
 Unbaked 9-inch pie crust (with thick outside edge) (see Index: Basic Pastry)

Cook onion in butter until tender. Add tomatoes, salt, and pepper; cook over medium heat until thick. Stir in rest of ingredients. Pour into pie crust. Bake at 400°F 20 to 30 minutes, until browned. Yield 4 servings.

## chicken and pineapple pie

2 tablespoons butter or margarine  
 3 tablespoons flour  
 1 cup milk  
 ½ cup light cream  
 Salt and pepper  
 4 slices bacon  
 1 can (about 8 ounces) pineapple cubes  
 1 cup cooked peas (or 1 package frozen)  
 1 cup diced cooked chicken  
 1 baked 8- or 9-inch pie shell (see Index: Basic Pastry)

Heat butter. Stir in flour; cook 1 minute. Add milk; whisk until smooth. Add cream and seasoning.

Chop bacon; fry until crisp. Add to sauce.

Drain pineapple (reserve some cubes for decoration); add to sauce. Add peas and chicken; mix well. Season to taste. Pour into pastry shell. Decorate with remaining pineapple. Put into preheated 375°F oven just long enough for pastry shell to heat through. Yield 4 to 5 servings.

## MEAT

### egg and bacon pie

1 recipe basic pastry (see Index) plus ½ cup grated cheese  
 2 tablespoons butter or margarine  
 2 or 3 onions, peeled, chopped



*egg and bacon pie*

**6 slices bacon, chopped**  
**3 eggs**  
**2 cups milk**  
**Salt and pepper**  
**½ teaspoon dry mustard**  
**2 teaspoons chopped parsley**

Line deep 8-inch pie plate or spring pan with pastry.

Heat butter in sauté pan. Add onions and bacon; fry 3 to 4 minutes.

Beat eggs in bowl. Add warmed milk, drained onion and bacon, salt, pepper, mustard, and parsley. Pour into pastry shell. Cook in preheated 375°F oven 35 to 40 minutes. If desired, extra slices of bacon can be broiled and used as garnish. Yield 6 servings.

## little meat pies

**1 (10-ounce) package frozen patty shells**  
**1 cup diced cooked roast beef**  
**1 onion, chopped**  
**1 clove garlic, minced**  
**2 tablespoons butter**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**¼ teaspoon thyme**  
**¼ teaspoon cumin**  
**¼ teaspoon chili powder**  
**2 dashes Tabasco**  
**1 tomato, peeled, chopped**  
**¼ cup raisins**  
**¼ cup sliced stuffed green olives**  
**2 hard-cooked eggs, diced**  
**Milk**

**468**

Remove patty shells from freezer; let stand at room temperature until soft enough to roll.

Meanwhile, prepare filling. In small skillet sauté beef, onion, and garlic in butter over low heat 5 minutes. Add salt, pepper, thyme, cumin, chili powder, Tabasco, and tomato. Reduce heat to simmer; cook 10 minutes.

Meanwhile, soak raisins in boiling water until plump; drain well.

Combine meat mixture, raisins, olives, and eggs; set aside.

Roll each patty shell on floured pastry cloth to rectangle approximately 5 × 8 inches. Moisten edges with milk. Place ½ cup filling on one half of



*little meat pies*





*mexican beef pie*

rectangle. Fold to form turnover. Seal by pressing edges.

Preheat oven to 450°F. Place turnovers on ungreased cookie sheet; brush with milk. Place in oven; immediately reduce heat to 400°F. Bake 20 to 25 minutes or until well browned and puffed. Yield 6 servings.

## **mexican beef pie**

**Pastry for 9-inch 2-crust pie (see Index)**

**2 tablespoons vegetable oil**

**½ cup chopped onion**

**½ cup chopped green pepper**

**1 pound ground beef**

**1 teaspoon salt**

**¼ teaspoon freshly ground black pepper**

**1 tablespoon chili powder**

**1 can (about 8 ounces) Spanish-style tomato sauce**

**½ cup sliced stuffed olives**

Line 9-inch pie plate with half the pastry.

Heat oil in skillet; sauté onion and green pepper 5 minutes. Add beef; cook until browned, stirring frequently. Add seasonings and tomato sauce; cook over low heat 15 minutes. Let cool. Add olives. Turn mixture into pastry shell.

Roll out remaining pastry; cut into thin strips. Arrange over meat in lattice pattern. Bake in preheated 400°F oven 35 to 40 minutes, until pastry is well browned. Yield 5 or 6 servings.

## **pork pie**

**1 medium-size head cauliflower**

**1 tablespoon oil**

**2 small onions, peeled, very finely chopped**

**1 clove garlic, crushed**

**3½ cups canned tomatoes**

**Pinch of thyme**

**Salt and pepper**

**¼ teaspoon paprika**

**3 tablespoons flour**

**3 cups diced cooked pork**

**Pastry for 9-inch 1-crust pie (see Index)**

Cook the cauliflower in boiling salted water until just tender; drain. Divide into small florets.

Heat oil in sauté pan. Add onions and garlic; sauté a few minutes. Add tomatoes, thyme, salt, pepper, and paprika; simmer 10 minutes. Press through sieve.

Blend flour with a little cold water. Add to sauce; stir until boiling.

Put pork and cauliflower into deep dish (about 2 quarts); pour sauce over. Cover with pastry. Bake in preheated 450°F oven about 25 minutes, until crust is well browned. Yield 6 servings.

## **sweetbread and mushroom pie**

**1 pound sweetbreads**

**2 tablespoons vinegar**

**Salt**

**½ recipe Basic Puff Pastry (see Index)**

**1 egg, well beaten**

**1 recipe Mornay Sauce (see Index)**

**¼ pound fresh mushrooms, thinly sliced**

**Freshly ground white pepper to taste**

**¼ cup freshly grated Parmesan cheese**

**Egg Wash (see Index)**

## PIES • MAIN DISH



*sweetbread and mushroom pie*

Soak sweetbreads in cold water 1 hour; drain.

Combine 1 quart water, vinegar, and 1 teaspoon salt in saucepan; bring to boil. Add sweetbreads; cover. Simmer 20 minutes. Remove sweetbreads with slotted spoon; place in bowl of ice water. When chilled, separate into small pieces. Remove outer membrane; cut out tubes.

Roll out pastry on lightly floured surface to  $\frac{1}{8}$  inch thick; line 2½-inch-deep oval or rectangular baking dish with pastry.

Beat egg quickly into Mornay Sauce. Add mushrooms, sweetbreads, salt to taste, and pepper; mix well. Turn into pastry; sprinkle with cheese. Bake in preheated 425°F oven, 1 shelf above center, 10 minutes. Reduce oven temperature to 350°F; bake 20 minutes or until pastry is golden brown. Brush edge of pastry with Egg Wash. Bake 10 minutes or until pastry is well browned. Garnish with toasted almonds, if desired. Yield about 6 servings.

## SEAFOOD

### seafood pie

**Pastry for 9-inch 1-crust pie (see Index)**

**3 tablespoons butter or margarine**

**3 tablespoons very finely chopped green onions or chives**

**1½ cups diced cooked seafood: shrimp, lobster, scallops, etc., as available**

**1 tablespoon tomato paste**

**Cayenne pepper**

**3 tablespoons sherry**

**4 eggs**

**1½ cups heavy cream**

**¼ cup grated Gruyere cheese**

Line 9-inch pie plate with pastry; prick bottom. Bake in preheated 375°F oven 15 minutes. Remove from heat; let cool.

Melt butter in skillet. Add onions; sauté about 2 minutes. Add seafood; stir over low heat 2 minutes. Add tomato paste, seasoning, and sherry; stir until boiling. Cool to lukewarm.

Beat eggs; add cream. Stir in seafood mixture; season to taste. Pour into pastry shell; sprinkle with cheese. Bake 25 to 30 minutes. Serve cut into wedges. Yield 6 to 8 servings.

### tuna pie

**Pastry for 8- or 9-inch 2-crust pie (see Index)**

**1 small can (about 8 ounces) tuna fish**

**½ cup finely chopped onion**

**1 small can (about 3 ounces) sliced mushrooms**

**1 can cream of mushroom soup**

**2 tablespoons grated Parmesan cheese**

**2 teaspoons lemon juice**

**1 teaspoon finely chopped parsley**

**⅛ teaspoon celery seed**

**⅛ teaspoon thyme**

**6 hard-boiled eggs, sliced**

Line 8- or 9-inch pie plate with half the pastry.

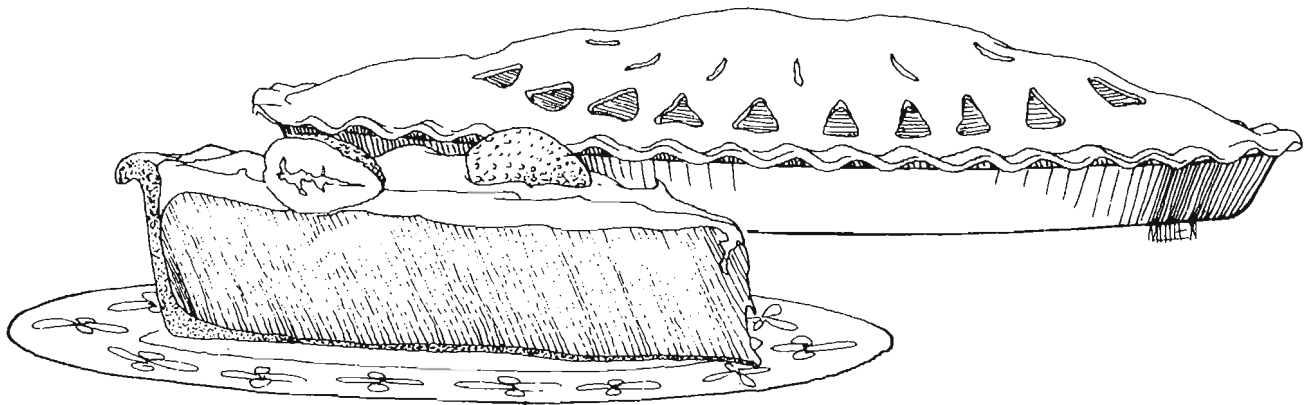
Drain oil from tuna; put 1 tablespoon into sauté pan. Add onion; sauté until transparent. Add mushrooms; cook until onion and mushrooms begin to color. Add soup; stir until smooth. Remove from heat. Add cheese, lemon juice, and flavorings.

Arrange flaked fish and eggs in pastry shell. Pour sauce over; cover with remaining pastry. Crimp edges; make 1 or 2 slits in top to allow steam to escape. Bake in preheated 450°F oven 10 minutes. Reduce heat to 350°F; bake 30 to 35 minutes, until pastry is well browned. Serve hot or cold. Yield 6 servings.





*seafood pie*



# PIZZA



*pizza*

## **pizza**

### *pizza crust*

- 1 package active dry yeast**
- ½ cup warm water (105 to 115°F)**
- ¾ cup all-purpose flour and ¾ cup whole-wheat flour (or 1½ cups all-purpose flour)**
- ½ teaspoon salt**
- 1 teaspoon sugar**
- 1 tablespoon vegetable oil**

Dissolve yeast in warm water in medium bowl.

Combine flours, salt, and sugar in separate bowl. Add flour mixture and oil to yeast; stir well. Turn out onto lightly floured board; knead until smooth and elastic, about 6 to 8 minutes.

Lightly grease bowl. Place dough in bowl; turn once to grease top surface. Cover; let rise until double in bulk, about 1½ hours. (Prepare sauce while dough is rising.)

When dough has doubled, punch down. Roll out into 12-inch circle; place on round pizza pan or on cookie sheet. Brush lightly with oil. Let rise 10 minutes. Bake 10 minutes in preheated 400°F oven. (Prepare topping while crust is baking.)

Remove crust from oven. Top with sauce, 1¼ cups cheese, and desired toppings. Bake 12 minutes or until cheese is melted and lightly browned. Remove pizza from pan; cut and serve. Yield 12-inch pizza.

### *pizza sauce*

- 1 tablespoon olive oil**
- ¼ cup finely chopped onion**
- 1 clove garlic, minced**

- 1 (16-ounce) can Italian-style peeled tomatoes**
- 3 tablespoons tomato paste**
- 1 teaspoon crumbled dried oregano**
- ½ teaspoon sugar**
- ½ teaspoon salt**
- ⅛ teaspoon freshly ground black pepper**

Heat oil in medium saucepan. Add onion and garlic; sauté over medium heat 5 minutes, stirring constantly. Do not brown.

Puree tomatoes and their juice in blender or food processor, or break up with fork. Add tomatoes, tomato paste, and seasonings to saucepan. Bring to boil; reduce heat to low. Cook, uncovered, stirring occasionally, 50 minutes or until thick. Set aside to cool.

### *pizza toppings*

#### **Cheeses:**

- 1 cup shredded mozzarella**
- ¼ cup grated Parmesan**
- 1 cup thinly sliced Swiss**
- 1 cup thinly sliced provolone**
- ¼ cup grated cheddar**
- ¼ cup thinly sliced Emmentaler**

#### **Anchovy fillets**

#### **Capers**

#### **Cooked ground beef**

#### **Slivered ham**

#### **Fresh mushrooms, sliced or coarsely chopped**

#### **Pitted black or green olives, quartered, sliced, or chopped**

#### **Onion, chopped or sliced**

#### **Fresh parsley, chopped**

#### **Pepperoni, sliced**



Green peppers, chopped  
Cooked sausage  
Cooked shrimp  
Fresh tomato slices or wedges

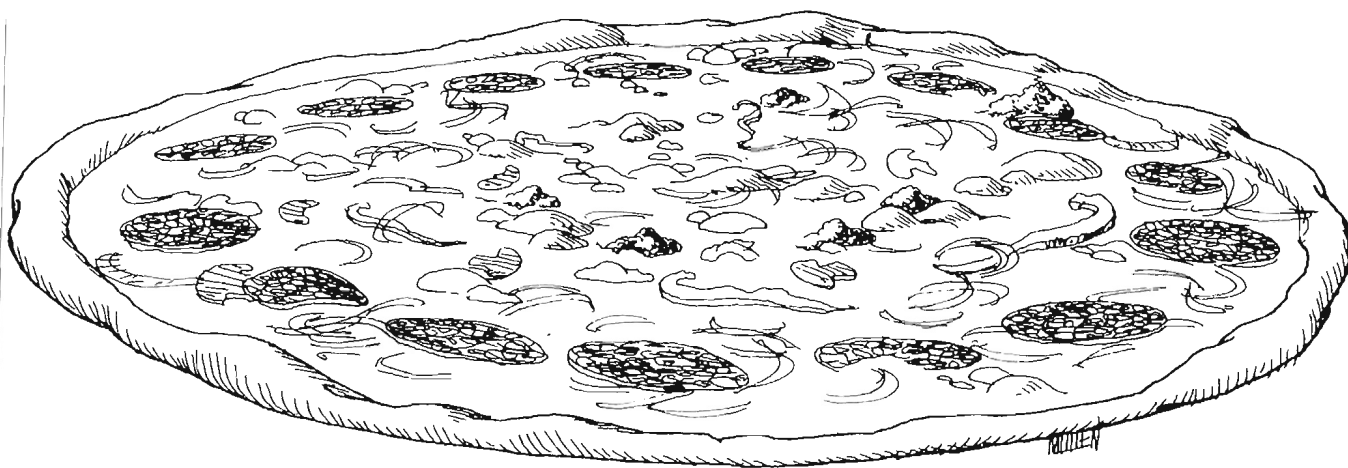
## **pizza pineapple dessert**

½ recipe Rough Puff Pastry (see Index)  
1 recipe Egg Wash (see Index)  
1 recipe Apricot Glaze (see Index)  
7 pineapple rings  
5 pitted sweet dark cherries

Roll out pastry to 15-inch circle; center in lightly floured 12-inch pizza pan. Turn edge toward

center; press gently into base dough. Make diagonal cuts around edge with sharp knife; brush edge with Egg Wash. Bake in preheated 425°F oven 10 minutes. Reduce oven temperature to 350°F; bake 35 to 40 minutes. Remove from oven; cool thoroughly.

Transfer pastry shell carefully to serving plate. Spread Apricot Glaze generously over bottom of shell. Arrange 5 pineapple rings over glaze. Divide remaining pineapple rings into quarters; arrange around rings. Place cherries in centers of rings; spread additional glaze evenly over fruits. Yield 8 servings.



# PORK

## baked pork tenderloin

6 pork tenderloin steaks, 1 inch thick  
½ cup flour  
½ teaspoon salt  
¼ teaspoon pepper  
2 tablespoons butter or oil  
1 cup chopped onion  
1 clove garlic, minced  
1 teaspoon ground ginger  
1 (1-pound) can applesauce  
½ cup sauterne wine  
½ cup soy sauce

Flatten tenderloins slightly with cleaver; rub both sides with flour seasoned with salt and pepper. Brown in butter; transfer to oven-serving dish.

Pour off all but 2 tablespoons fat. Brown onion and garlic slightly. Stir in ginger.

Mix together applesauce, wine, and soy sauce; stir into onion mixture. Simmer 1 minute; pour over pork. Bake 1 hour in preheated 350°F oven. Yield 6 servings.

## barbecued pork ribs

1½ cups catsup  
¾ cup chili sauce  
½ cup vinegar  
6 tablespoons Worcestershire sauce  
6 tablespoons firmly packed light brown sugar  
3 tablespoons fresh lemon juice  
1 tablespoon paprika  
¾ teaspoon salt  
1 clove garlic, crushed  
¼ teaspoon hot-pepper sauce  
5 pounds pork back ribs  
½ teaspoon pepper

### Thin slices of onion and lemon (optional)

Combine catsup, 1½ cups water, chili sauce, vinegar, Worcestershire sauce, brown sugar, lemon juice, paprika, 2¼ teaspoons salt, garlic, and hot-pepper sauce in large saucepan. Heat to boiling; reduce heat. Simmer 30 to 45 minutes, until sauce is good basting consistency.

Cut meat into 3 to 4 rib portions. Sprinkle with 1 teaspoon salt and pepper. Put on rack in shallow baking pan. Bake at 450°F 30 minutes. Remove from rack; drain off excess fat. Put ribs in baking pan meaty-side-down; brush with sauce. Reduce oven temperature to 300°F; bake 30 minutes. Turn ribs meaty-side-up; brush with sauce. Top each rib with an onion slice. Bake about 1 hour, brushing frequently with some remaining sauce, until ribs are tender and nicely browned. Add

lemon slices to ribs during last half hour of baking. Serve remaining sauce on side. Yield 6 servings.

## chinese spareribs with glazed fresh peppers

4 pounds spareribs, cut into serving pieces  
Salt  
1 pineapple  
⅔ cup packed brown sugar  
3 tablespoons cornstarch  
1 teaspoon dry mustard  
1 teaspoon ginger  
2 cups fresh orange juice  
⅓ cup fresh lemon juice  
⅓ cup soy sauce  
2 tablespoons butter  
½ pound small fresh mushrooms  
½ cup chopped fresh onion  
1 green sweet pepper, cut into squares  
1 red sweet pepper, cut into squares

Place spareribs, bone-side-down, in shallow baking pan; sprinkle with salt to taste. Bake in preheated 350°F oven 1 hour. Drain off excess fat.

Pare pineapple; cut in half lengthwise. Remove core; cut into cubes.

Combine brown sugar, ½ teaspoon salt, cornstarch, mustard, and ginger in medium-size saucepan. Stir in orange and lemon juices and soy sauce; bring to boil. Cook until thickened, stirring constantly; remove from heat.

Melt butter in skillet. Add mushrooms; sauté 5 minutes, stirring frequently. Pour sauce over spareribs. Add onion, peppers, pineapple, and mushrooms. Bake 30 minutes; baste occasionally with sauce in pan. Yield 4 to 6 servings.

## curried pork chops

6 loin pork chops  
1 (8-ounce) can mushrooms, sliced, drained  
⅓ cup finely chopped onion  
2 tablespoons butter or margarine  
2 tablespoons flour  
1½ teaspoons salt  
1 teaspoon curry powder  
1½ cups milk

Trim excess fat from chops. Brown lightly on both sides in heavy frypan. Place in baking pan. Cover with mushrooms.

Cook onion in butter until tender. Stir in flour, salt, and curry powder. Gradually stir in milk. Cook, stirring constantly, until thickened. Pour over chops; cover pan. Bake in preheated 350°F oven 1 hour or until chops are tender. Yield 6 servings, 1 chop each.





*chinese spareribs with glazed fresh peppers*

## curried pork with shrimp

**½ pound pork (shoulder or butt), shredded into thin strips**

**2 tablespoons soy sauce**

**2 tablespoons vegetable oil**

**2 teaspoons curry powder**

**1 small onion, minced**

**3 celery stalks, cut into ¼-inch slices**

**2 scallions, cut into ⅛-inch slices**

**½ tablespoon cornstarch in ½ cup water or chicken broth**

**½ pound whole cooked shrimp**

Marinate pork in soy sauce 20 minutes.

Heat oil in wok or skillet; brown curry and onion until aroma becomes strong. Stir-fry pork about 4 minutes or until well done; push aside.

Combine celery and scallions; stir-fry 1 to 2 minutes. Return pork; add cornstarch mixture. Heat until sauce is clear and thickened and shrimp are heated through. Serve with noodles. Yield 4 servings.

## fried pork japanese-style

**1 medium red pepper**

**2 tablespoons chopped scallions**

**2 tablespoons ground sesame seeds**

**3 tablespoons soy sauce**

**2 tablespoons rice wine or sherry**

**1 pound sliced pork, ¼ inch thick**

**2 tablespoons oil**

**2 ounces transparent noodles or very thin spaghetti**

**1 medium cucumber, cut into thin strips**

**1 medium tomato, cut into thin strips**

### *sauce*

**2 tablespoons vinegar**

**1 teaspoon freshly ground black pepper**

**1 tablespoon sugar**

Remove seeds from pepper; dice fine. Mix with scallions, sesame seeds, soy sauce, and rice wine. Marinate pork in mixture at least 1 hour.

Heat oil in frying pan. Drain pork; brown well on both sides in hot oil. Cut into smaller pieces, if

desired.

Prepare noodles. Combine with cucumber and tomato; place on platter with pork.

Prepare sauce by blending vinegar, black pepper, and sugar. Spoon over pork. Yield 4 servings.

## hawaiian pork chops

**4 pork chops**

**1 green pepper**

**1 medium onion**

**4 stalks white celery**

**1 tablespoon oil**

**1 tablespoon butter**

**4 slices pineapple**

**1 cup chicken or veal stock**

**Little paprika**

### *marinade*

**1 clove garlic, crushed**

**Grated rind of half an orange**

**1 cup soy sauce**

**¼ cup sherry or port**

**¼ teaspoon grated fresh ginger**

**½ bay leaf, crushed**

**Salt and pepper**

Mix marinade ingredients together; pour over chops. Leave at least 1 hour.

Remove seeds from pepper. Cut 4 rings; chop the rest.

Chop onion and celery. Mix chopped vegetables together.

Remove chops from marinade; dry on paper towel.

Heat oil; add butter. When foaming, put in chops; brown on both sides, about 2 to 3 minutes each side. Put into ovenproof dish with lid. Put pineapple slice and spoonful of vegetables on each

## PORK

chop.

Mix stock with remaining marinade; pour around chops. Cover; bake in preheated 350°F oven about 1 hour. If meat looks as if it is becoming dry, add a little more stock. During last 5 minutes put pepper rings on pineapple. Just before serving, dust each pineapple ring with paprika. Yield 4 servings.

### mexican pork roast cooked in beer with green sauce

- 2 medium onions, chopped
- 2 carrots, peeled, sliced
- 1 (4- to 5-pound) loin or shoulder pork roast
- 2 teaspoons salt
- ½ teaspoon oregano
- ½ teaspoon ground coriander
- ½ to ¾ cup beer

Place onions and carrots in roasting pan.

Rub pork with salt, oregano, and coriander. Place on vegetables; add beer. Cover; roast at 350°F 2¾ hours. Add more beer if vegetables become dry. Slice and serve pork with Green Sauce. Yield 6 to 8 servings.

#### green sauce

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic, peeled, chopped
- 1 (10-ounce) can Mexican green tomatoes (tomatillos)

*normandy pork chops*

- ½ teaspoon crumbled dried oregano
- ½ teaspoon dried cilantro or parsley
- 2 tablespoons wine vinegar
- Salt and pepper to taste

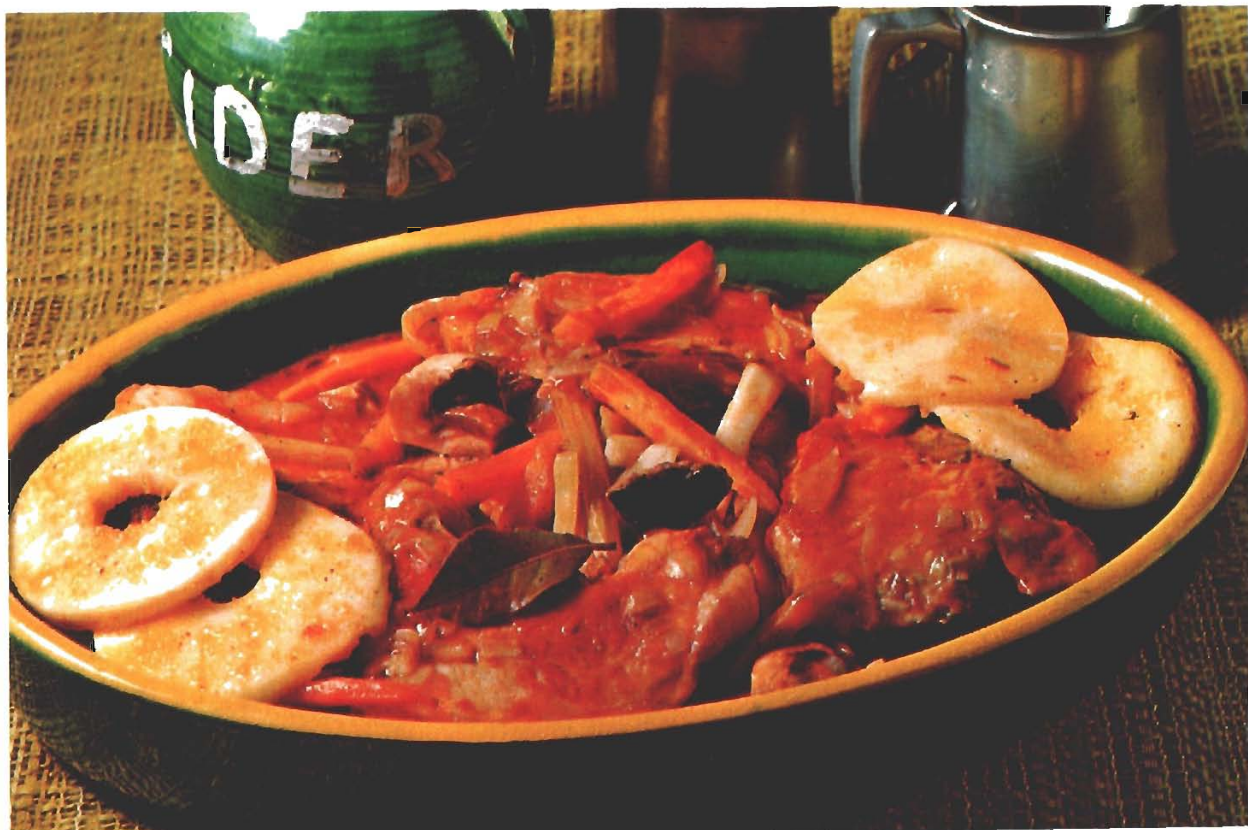
Heat oil in small skillet. Sauté onion and garlic until limp.

Drain tomatillos; reserve liquid. Combine tomatillos, ½ cup reserved liquid, onion, garlic, oil, oregano, and cilantro in jar of electric blender; puree.

Heat skillet over moderate heat. Pour in sauce; cook 10 minutes. Remove from heat; add wine vinegar, salt, and pepper. Chill sauce; serve with pork.

### normandy pork chops

- 4 pork loin chops
- 2 tablespoons oil
- 2 medium onions, chopped
- 1 clove garlic, crushed
- 5 medium carrots
- 2 celery stalks, cut into strips
- 1 tablespoon flour
- 1 tablespoon tomato puree
- 1½ cups stock (or water and cube)
- ½ cup red wine or cider
- 1 teaspoon chopped thyme
- 1 tablespoon chopped parsley
- 1 bay leaf
- 3 medium cooking apples
- 1 cup quartered mushrooms
- 1 tablespoon brown sugar





Brown chops on both sides in hot oil, about 2 minutes each side. Place in ovenproof dish with lid; keep warm.

Fry onions, garlic, carrots, and celery until golden brown. Stir in flour. Add tomato puree and stock; bring gently to boil, stirring constantly. Add wine and herbs. Pour over chops; replace lid. Bake in preheated 350°F oven 40 minutes.

Meanwhile, cut apples into rings.

After 20 minutes add mushrooms to sauce; stir in well; lay apple rings in overlapping layer all over dish. Sprinkle with brown sugar; finish cooking with lid off dish. Yield 4 servings.

## party pork chops

**8 thick-sliced (¾-inch) pork chops**  
**8 onion slices, about ¼ inch thick**  
**8 fresh lemon slices, about ¼ inch thick, from midsections of 2 unpeeled lemons**  
**⅔ cup brown sugar**  
**1¼ teaspoons salt**  
**¼ teaspoon pepper**  
**3 tablespoons fresh lemon juice**  
**⅓ cup chili sauce**

Place pork in single layer in baking pan. Place 1 onion slice topped with 1 lemon slice on center of each chop.

Blend remaining ingredients; spoon over each chop. Cover pan tightly. Bake in 350°F oven 1½ hours or until pork is tender. Yield 8 servings.

## pork chop suey

**1 pound lean pork, cut into thin slices**  
**8 tablespoons sherry**  
**5 tablespoons soy sauce**  
**Salt to taste**  
**Freshly ground pepper to taste**  
**Pinch of powdered ginger**  
**2 ounces transparent noodles**  
**1 stalk celery**  
**4 tablespoons dried Chinese mushrooms, soaked in water 30 minutes**  
**8 tablespoons oil**  
**2 medium onions, thinly sliced**  
**¼ cup bamboo shoots, thinly sliced**  
**1 cup fresh bean sprouts**  
**½ pound fresh mushrooms, sliced**  
**1 teaspoon sugar**  
**1 tablespoon cornstarch**  
**Cooked rice**

Mix pork with 2 tablespoons sherry, 2 tablespoons soy sauce, salt, pepper, and ginger; place in glass or ceramic bowl. Press down meat; cover. Let marinate 1 hour.

Break noodles into small pieces; boil in salted water 5 minutes. Drain; set aside.

Cut celery into thin slices; blanch 5 minutes. Drain; set aside.

Slice Chinese mushrooms into bite-size pieces.

Heat oil in skillet until very hot. Add pork; fry 2 minutes. Remove; keep warm. Add onions, bamboo shoots, bean sprouts, and fresh mushrooms; simmer 3 minutes. Fold in meat, celery, and noodles. Season with 3 tablespoons soy sauce and sugar. Stirring carefully, cook 3 minutes.

Blend cornstarch with 6 tablespoons sherry; slowly stir into sauce until sauce is thick and bubbly. Correct seasonings if necessary. Serve immediately with rice. Yield about 3 servings.

## pork chops with buttered noodles

**4 loin pork chops, 1 inch thick**  
**2 cups tortellini-shaped pasta**  
**¼ cup butter**  
**Salt and freshly ground pepper to taste**  
**2 teaspoons rosemary**  
**1 teaspoon sage**

Place chops on rack in broiler pan. Broil 8 inches from source of heat 20 to 30 minutes, until chops are well done; turn once.

Cook pasta in large saucepan of boiling, salted water until tender; drain thoroughly.

Melt butter in same saucepan. Add pasta, salt, pepper, rosemary, and sage; heat through, shaking pan frequently. Place on heated platter; place pork on pasta. Garnish with crisp bacon and chopped parsley, if desired. Yield 4 servings.

## pork chops in onion sauce german-style

**4 pork chops**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**1½ teaspoons flour**  
**1½ tablespoons vegetable oil**  
**4 small (or 2 medium) onions, thinly sliced**  
**½ cup beer**  
**½ cup hot beef broth**  
**1 teaspoon cornstarch**

Season pork with salt and pepper; coat with flour.

Heat oil in heavy frypan. Add chops; fry each side 3 minutes. Add onions; cook 5 minutes, turning chops once. Pour in beer and broth; cover. Simmer 15 minutes. Remove chops to preheated platter. Season sauce to taste.

Blend cornstarch with small amount cold water. Stir into sauce; cook until thick and bubbly. Pour over pork. Yield 4 servings.



*pork chops with buttered noodles*

## **pork chops with rice**

4 loin pork chops, about 1½ pounds total  
 3 tablespoons olive oil  
 1 medium onion, chopped  
 1 clove garlic, minced  
 1 green pepper, seeded, chopped  
 1 cup raw long-grain rice  
 2 cups boiling water  
 2 teaspoons chicken-broth granules  
 2 packs cilantro and achiote seasoning mix  
 (5 grams each)  
 2 tablespoons dry sherry  
 ½ cup sliced black olives

Sauté pork in oil in large, heavy skillet until well-browned; remove from skillet. Add onion, garlic, and pepper; sauté over medium heat until limp. Add rice; sauté until lightly browned.

Combine boiling water, chicken-broth granules, cilantro and achiote seasoning mix, and sherry; pour over rice. Top with pork chops; cover. Reduce heat to low; cook 20 to 25 minutes or until all liquid is absorbed. Top chops with olives; serve. Yield 4 servings.

*Note: Cilantro and achiote seasoning mix is sold in Latin American and Caribbean markets and is sometimes referred to as Creole seasoning. If you cannot obtain it, substitute 2 tablespoons tomato paste and ½ teaspoon ground cumin for the seasoning mix.*

## **pork chops in white wine**

4 lean pork chops, about 1 inch thick  
 Salt and pepper to taste  
 1 teaspoon bacon drippings  
 2 teaspoons flour  
 ½ cup chicken broth  
 ½ cup dry white wine  
 1 large onion, sliced

Season chops with salt and pepper. Sear slowly on both sides in hot bacon fat. Remove from skillet.



*pork chops in onion sauce german-style*



Stirring constantly, blend flour into fat remaining in skillet. Add broth and wine. When very smooth, return chops to skillet. Spread onion over chops. Cover skillet; simmer about 45 minutes. Yield 4 servings.

## pork with cider

- 1½ pounds lean boneless pork, cut into 1-inch cubes
- ⅓ cup flour
- ⅓ cup vegetable oil
- 1½ cups apple cider or apple juice
- 2 carrots, sliced
- 1 small onion, sliced
- ½ teaspoon rosemary
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon pepper

Thoroughly dredge pork with flour.

Heat oil in large frypan until hot. Carefully add pork; cook until browned on all sides. Remove pork; drain on paper towels. Place in casserole.

Drain oil from pan. Pour in cider; heat and stir

*pork with cider*

to remove browned pieces from pan.

Add carrots, onion, rosemary, bay leaf, salt, pepper, and hot cider to casserole; cover. Bake in 325°F oven 2 hours until meat is tender. Remove bay leaf. Yield 4 servings.

## pork fillets

- 2 pounds pork tenderloin
- 1 large apple
- 2 tablespoons chopped almonds
- 1 teaspoon sugar
- ¼ teaspoon cinnamon
- ¼ teaspoon garlic powder
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup olive oil
- ½ cup dry red wine
- 1 cup stock

Slice tenderloin into 6 pieces.

Peel, core, and finely chop apple. Combine apple, almonds, sugar, and cinnamon; mix well.

Make horizontal slash in center of each tenderloin without cutting through. Stuff with apple







*pork fillets*

*pork kebobs*

filling. Press meat together; secure with metal clamps or skewers if necessary.

Combine garlic powder, salt, and pepper. Rub tenderloins with mixture.

Heat oil in deep skillet; brown tenderloins on all sides. Add wine and stock; bring to boil. Reduce heat; simmer 1 hour, turning meat at 15-minute intervals. Yield 4 servings.

## **pork kebobs**

**Juice of 1 lime**

**¼ cup salad oil**

**¼ teaspoon crushed whole coriander**

**¼ cup chopped onion**

**1 clove garlic, mashed**

**¼ teaspoon pepper**

**1¼ pounds lean pork, cut into 1½-inch cubes**

**1 medium zucchini, sliced**

**2 red peppers, stemmed, seeded, cut in chunks**

**½ pound mushrooms, cleaned, stems cut off**

The day before cooking, combine lime juice, oil, coriander, onion, garlic, and pepper in glass or pottery bowl or casserole. Add meat; stir to coat with marinade. Cover; refrigerate 24 hours, stirring once or twice.

To cook, drain meat, reserve marinade. Skewer meat alternately with zucchini, peppers, and mushrooms. Broil or charcoal grill until done through (20 to 25 minutes), basting occasionally with marinade. Yield 4 servings.







*pork loin with prunes*

## pork loin with prunes

- 18 small pitted prunes
- 1 (5-pound) boned rolled pork loin, tied
- Salt and freshly ground white pepper to taste
- 3 tablespoons all-purpose flour
- 1¾ cups chicken broth
- 3 tablespoons sherry (optional)

Place prunes in bowl; cover with water. Soak 30 minutes; drain prunes.

With sharp knife cut slit in meat deep enough to insert prunes. After prunes are inserted, close opening with skewer, or tie with twine. Season pork with salt and pepper. Place in greased baking pan; pour 2 cups hot water into pan. Bake in preheated 350°F oven about 3 hours, or 190° on meat thermometer.

Place remaining prunes in small saucepan; cover with water. Bring to boil; reduce heat. Simmer about 20 minutes, until just tender; drain.

Place pork on heated serving platter; garnish with cooked prunes. Keep warm.

Spoon 3 tablespoons pan drippings into small saucepan. Add flour; cook, stirring constantly, until smooth and brown. Add broth gradually; cook until thickened, stirring constantly. Stir in sherry; season with salt and pepper. Pour into sauceboat; serve with pork. Yield 15 servings.

## pork in orange-cider sauce

- 2 pounds pork tenderloin
- 2 tablespoons brown sugar
- 2 teaspoons dry mustard
- 2 tablespoons corn oil
- 1 tablespoon cornstarch
- Juice of 1 orange
- Cider (about ¾ cup)

Salt and pepper

1 clove garlic, crushed

6 stuffed olives, sliced

4 cloves

Pineapple

Have butcher cut tenderloin into slices; pound flat.

Mix sugar and mustard; coat both sides of meat.

Heat oil in sauté pan. Brown meat on both sides; remove to casserole.

Add cornstarch to remaining fat; stir and cook 1 minute. Add orange juice, made up to 1¼ cups with cider. Stir until boiling; boil 2 minutes. Add seasoning, garlic, olives, and cloves. Pour over meat; cover. Cook in preheated 350°F oven 30 to 35 minutes. Remove cloves; check seasoning. Serve with broiled pineapple slices. Yield 4 servings.

## pork in red chili sauce

2 tablespoons lard (optional)

1 medium onion, chopped

1 clove garlic, minced

1½ to 2 tablespoons chili powder

1½ pounds lean pork, cut into 1½-inch cubes (reserve fat)

1½ cups canned tomatoes, broken up with fork

½ teaspoon salt

½ teaspoon crumbled oregano

½ teaspoon ground cumin

⅛ teaspoon ground cloves

1 small cinnamon stick

Render strips of pork fat or heat lard in Dutch oven over moderate heat. Remove strips of fat, if used. Add onion and garlic; brown lightly. Add chili powder; stir well. Push vegetables to sides of pan; brown meat on all sides. Add tomatoes, salt, oregano, cumin, cloves, and cinnamon stick; stir well. Bring to boil; reduce heat to low. Cover; cook 2 hours or until meat is very tender. Stir mixture occasionally while cooking. If sauce is quite thin, cook uncovered last 15 to 20 minutes of cooking. Serve with rice and tortillas. Yield 4 servings.

## pork ribs and sauerkraut

1-pound 12-ounce can sauerkraut

1 cup chopped onion

1-pound 12-ounce can tomatoes

¾ cup firmly packed brown sugar

3 pounds country-style pork ribs

Layer ingredients in large casserole or roaster as listed, starting with sauerkraut and ending with ribs. Do not stir. Cover; bake at 325°F 3 hours. Uncover last 45 minutes of baking. Yield 6 servings.

## PORK

### pork roast with cranberry stuffing

**Pork loin roast (8 rib chops), 6 to 7 pounds**

**Salt, pepper, poultry seasoning**

**1 cup boiling water**

**1 beef bouillon cube**

**½ cup butter**

**1 (8-ounce) package herb-seasoned bread stuffing**

**1 cup cranberries, knife-chopped**

**1 small red apple (unpeeled), cored, diced (¾ cup)**

**¼ cup finely chopped celery**

**¼ cup minced parsley**

**1 large egg**

Have butcher saw off backbone (chine) of roast. Place meat, rib-ends-up, on cutting board. Holding meaty side of the roast with one hand, starting 1 inch from one end of roast and ending 1 inch from other end, cut slit between meat and rib bones almost to bottom of roast. With fingers pull meaty part slightly away from ribs to form pocket. Sprinkle inside of pocket and outside of roast with salt, pepper, and seasoning salt.

Into large skillet or medium saucepan, off heat, pour boiling water. Add bouillon cube; stir to dissolve. Add butter; over very low heat stir until melted. Remove from heat. Add bread stuffing, cranberries, apple, celery, and parsley; mix well.

Beat egg until thick and pale-colored; mix with stuffing. Spoon stuffing into pocket in roast; put any leftover stuffing into small baking dish. Roast pork on rack in shallow roasting pan in 350°F oven 35 minutes per pound. About half an hour before roast is ready, put baking dish of extra stuffing in oven to heat. After roast has been removed to hot serving platter, pour off fat in roasting pan. Spoon some drippings over top of stuffing in roast and some over small baking dish of extra stuffing. Yield 6 servings.

### pork rolls with celery

**2 medium onions**

**3 medium tomatoes, skinned**

**4 stalks celery**

**¼ cup butter**

**8 large thin slices pork shoulder**

**Salt and freshly ground pepper to taste**

**Grated rind of 1 large orange**

**1½ teaspoons crushed rosemary**

**¼ cup vegetable oil**

**2 cups Basic Beef Stock (see Index)**

**1 tablespoon soy sauce**

Chop onions and tomatoes.

Cut celery stalks in half lengthwise, then into thin slices.

Melt butter in large skillet. Add onions,

tomatoes, and celery; cook over medium heat, stirring frequently, until vegetables are just tender.

Cut each pork slice in half; sprinkle with salt, pepper, orange rind, and rosemary. Roll up; secure with wooden picks. Brown in oil in separate skillet; place over vegetable mixture. Add stock and soy sauce; cover. Simmer 30 minutes, garnish with parsley, if desired. Remove picks before serving. Yield 8 servings.



*pork rolls with celery*

### pork spareribs in mexican barbecue sauce

**mexican barbecue sauce**

**1 tablespoon olive oil**

**1 medium onion, chopped**

**1 clove garlic, peeled, minced**

**1 fresh chili pepper, stemmed, seeded, chopped**

**½ tablespoon salt**

**2 large tomatoes, peeled, cut up**

**2 tablespoons chili powder**

**2 tablespoons sugar**

**¼ cup vinegar**

**⅓ cup olive oil**

**¼ cup beer**

**4 pounds pork spareribs (country-style)**

Make sauce. Heat oil in saucepan. Sauté onion until lightly browned. Add garlic, chili, salt, and tomatoes; simmer until mixture thickens. Add remaining sauce ingredients; cook 8 minutes, stirring constantly.

Marinate spareribs in sauce several hours before grilling (if possible). Grill over hot charcoal or



under broiler, basting periodically with sauce, until tender, well-browned, and crusty. Pour extra sauce on ribs before serving. Yield 6 to 8 servings.

## roast pork with oranges

**4 pounds pork loin roast**  
**1 teaspoon sage**  
**Salt and pepper**  
**1 cup water**  
**Juice of 1 orange**  
**½ cup sherry**  
**1 tablespoon red currant jelly**  
**Grated rind of 1 orange**  
**3 to 6 oranges, peeled, sectioned**

Rub pork with sage, salt, and pepper. Put on rack in shallow roasting pan. Add water. Roast at 325°F 2 hours or until thermometer registers 170°F. About 45 minutes before meat is done, pour off fat; leave pan juices. Pour orange juice and sherry over meat. Spread jelly over meat; sprinkle with orange rind. Baste a few times. When done, put meat on platter; surround with oranges. Yield 6 servings.

## savory pork fillet

**2 pork fillets**  
**1-2 tablespoons oil**  
**1 teaspoon paprika**  
**10 to 12 mushrooms, quartered**  
**1 small can tomato sauce (or 4 to 6 tablespoons tomato puree, a little onion and 4 to 6 tablespoons stock)**  
**Salt and pepper**  
**3 to 4 tablespoons sour cream**  
**Little chopped parsley**

Cut fillets into slices; lightly brown in oil until golden brown all over, about 4 to 5 minutes, sprinkling on paprika. Remove from pan; place in flameproof dish.

Cook mushrooms 2 to 3 minutes in oil; add to pork. Pour over tomato sauce and seasonings; cook about 10 to 12 minutes over gentle heat. Spoon over sour cream; decorate with sprinkling of parsley. Yield 4 servings.

## schnitzel with ham and caper sauce

**4 pork loin chops, about 1 inch thick, bone removed**  
**2 tablespoons lemon juice**  
**Salt and pepper**  
**2 tablespoons vegetable oil**

### *ham and caper sauce*

**1 tablespoon fat**  
**1 tablespoon all-purpose flour**

**1 cup plain yogurt**  
**4 ounces cooked ham, cut into julienne strips**  
**1 or 2 medium-size dill pickles, cut into small cubes**

**1 tablespoon capers**

Brush chops with lemon juice; season with salt and pepper. Let stand 5 to 10 minutes; pat dry. Brown in hot vegetable oil in large skillet. Reduce heat; cover. Cook until done (20 to 25 minutes). Remove to warm platter.

Drain all but 1 tablespoon of fat from skillet. Add flour to remaining fat; stir to form smooth paste. Add yogurt; stir to blend and pick up browned bits. Stir in ham, pickles, and capers. Heat until thickened; stir constantly. Spoon sauce over pork. Serve at once. Yield 4 servings.

## stuffed pork chops

### *barbecue sauce*

**1½ tablespoons oil**  
**1 onion, chopped**  
**1 clove garlic, crushed**  
**1 teaspoon flour**  
**1 small can tomatoes**  
**1 cup brown stock**  
**2 tablespoons vinegar**  
**2 tablespoons Worcestershire sauce**  
**1 tablespoon tomato chutney**  
**1 tablespoon sugar**  
**1 teaspoon lemon juice**  
**1 tablespoon chopped parsley and thyme**  
**¼ teaspoon celery salt**

### *stuffing*

**1 onion, chopped**  
**1 stalk celery, chopped**  
**3 tablespoons butter**  
**2 cups fresh bread crumbs**  
**1 apple, chopped**  
**4 tablespoons chopped parsley, thyme, and a little sage**

**Grated rind of ½ lemon**

**1 small egg, beaten**

**Few drops lemon juice**

**4 good-size pork chops**

**2 to 3 tablespoons oil**

Make Barbecue Sauce. Heat oil; cook onion and garlic, covered, 3 to 4 minutes to soften. Remove lid; brown slightly. Add flour; brown slightly. Add tomatoes and stock; bring to boil. Add all other ingredients; cook 15 minutes. Strain; set aside.

Make stuffing. Cook onion and celery in butter. Add to bread crumbs together with apple, herbs, and lemon rind. Bind mixture with egg and dash of lemon juice; if too dry, add a little milk or stock.

## PORK

Make cut in center of side of each chop; be careful to make pocket without piercing top or bottom surface of meat. Push stuffing into pocket. Sew up or skewer slits in chops; pat dry. Brown both sides in a little hot oil; remove. Put into ovenproof dish. Spoon over a little Barbecue Sauce thinned with a little extra stock. Cook in preheated 350°F oven about 1 hour. Take out; remove threads or skewers. Serve with Barbecue Sauce. Yield 4 servings.



*vegetables with pork chinese-style*

### sweet-and-sour pork

- 1½ pounds lean pork, cut into 1-inch cubes
- 3 tablespoons soy sauce
- 3 tablespoons dry white wine
- 2 carrots, cut into thin strips
- 1 red sweet pepper, seeds removed, cut into thin rings
- 4 tablespoons olive oil
- 1 small slice fresh gingerroot, minced
- ½ cup chopped onions
- ¼ pound fresh mushrooms, sliced
- ½ cup beef broth
- 1 recipe Chinese Sweet-and-Sour Sauce
- Boiled rice

Place pork in shallow dish.

Combine soy sauce and wine; pour over pork. Turn to coat all sides. Marinate about 20 to 30 minutes; stir frequently.

Cut carrots; set aside. Cut pepper into rings; set aside.

Heat 2 tablespoons oil in wok or skillet. Add

gingerroot. Place pork in wok; stir-fry about 5 minutes. Remove pork; set aside. Add remaining oil to wok. Add carrots, pepper, onions, and mushrooms; stir-fry about 5 minutes or until carrots and pepper are tender but still on crisp side. Add pork; stir-fry 5 minutes. Add broth; mix well. Stir in Sweet-and-Sour Sauce; bring to boil. Reduce heat to low; cover wok. Cook 2 minutes. Serve with rice. Yield 4 servings.

#### *chinese sweet-and-sour sauce*

- 4 tablespoons catsup
- ¼ cup brown sugar
- 2 tablespoons soy sauce
- 3 tablespoons wine vinegar
- 2 tablespoons dry white wine
- 2 tablespoons cornstarch dissolved in ½ cup cold water

Combine catsup, sugar, soy sauce, vinegar, and wine in saucepan; bring to boil. Add cornstarch dissolved in water to sauce. Cook over low heat, stirring constantly, until sauce has thickened. Yield about 1¼ cups.

### vegetables with pork chinese-style

- ¼ cup butter
- 4 cups diagonally sliced celery
- 1 green sweet pepper, sliced
- 1 red sweet pepper, sliced
- ½ pound fresh mushrooms, sliced
- ½ cup sliced onions
- 2 cups cubed cooked pork
- 1¼ cups beef bouillon
- 1 tablespoon cornstarch
- 3 tablespoons soy sauce
- ½ teaspoon powdered ginger
- ¼ teaspoon salt
- Freshly ground pepper to taste
- Boiled rice

Melt butter in wok or skillet. Add celery; stir-fry 5 minutes. Stir in peppers, mushrooms, and onions; stir-fry 5 minutes. Stir in pork and bouillon; bring to boil. Reduce heat; simmer 5 minutes.

Blend cornstarch with soy sauce, ginger, salt, and pepper; stir into pork mixture. Cook, stirring constantly, just until heated through and thickened. Serve over rice. Yield 6 servings.



# QUAIL

## quail with grapes

6 quail  
Salt and pepper  
6 vine leaves, if possible  
6 small strips larding pork  
2 cups white grapes  
½ cup butter  
¼ cup cognac  
¼ cup consommé

Clean and truss birds; salt and pepper lightly. If you have vine leaves, wrap one around each bird; cover with thin strip of larding pork. Tie securely.

Peel grapes; remove seeds.

Heat butter in shallow pan; sear quail quickly. Put into hot oven; roast about 8 minutes. Remove from oven; untruss. Place in preheated, uncovered ovenware dish with cooking juice and grapes. Return to hot oven 5 minutes.

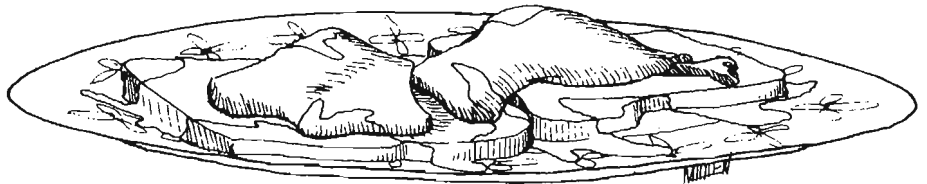
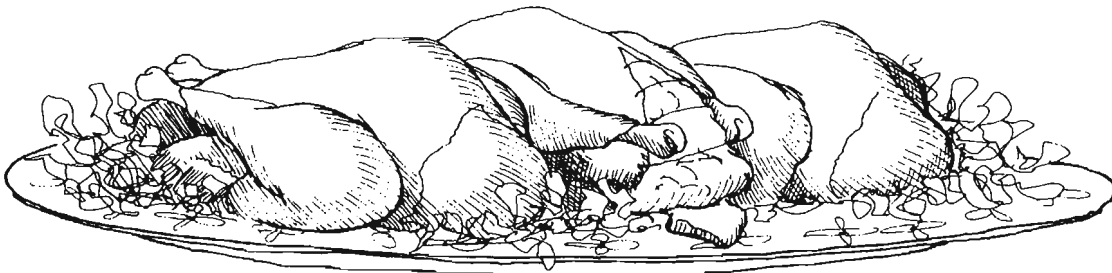
Just before serving, stir warmed cognac and consommé into juice in pan; baste quail with sauce. Cover; serve immediately. Yield 6 servings.

## quail on toast

4 quail, split  
½ cup flour  
½ teaspoon salt  
⅛ teaspoon pepper  
4 tablespoons butter or margarine  
1 cup boiling water  
1 pint half-and-half cream  
⅓ cup sherry

### Buttered toast

Split dressed quail; roll each piece in flour seasoned with salt and pepper. Brown in butter on all sides. Pour boiling water over; cover. Let simmer until tender (15 to 20 minutes); remove cover. Add cream and sherry; simmer 10 minutes. Place birds on pieces of buttered toast. Taste sauce for seasoning; pour over quail. Yield 4 servings.



# RABBIT

## marinated rabbit

1 (3-pound) rabbit (fresh or frozen)  
1 teaspoon salt  
¼ teaspoon pepper  
3 tablespoons vegetable oil

### *marinade*

2 cups red wine  
2 cups chicken broth  
1 teaspoon allspice  
2 bay leaves  
1 teaspoon thyme

### *sauce*

1 dozen pickled white onions (cocktail size)  
1 dozen stuffed green olives, sliced  
½ pound fresh mushrooms, sliced  
2 tablespoons butter or margarine

Cut rabbit into serving pieces; rub with salt and pepper. Put into large bowl; add marinade. Refrigerate overnight.

Drain rabbit; do not pat dry. Strain; reserve marinade. In large frypan over high heat quickly brown all sides of rabbit pieces in hot vegetable oil. When brown, pour in reserved marinade; simmer over low heat 1 hour or until tender.

Just before rabbit is done, sauté onions, olives, and mushrooms in hot butter. Add to rabbit mixture. Serve with boiled potatoes. Yield 6 servings.

*marinated rabbit*

## rabbit stew

1 (4- to 5-pound) rabbit  
4 tablespoons bacon fat or butter  
3 tablespoons flour  
2 cups chicken stock  
2 cups dry white wine  
1 garlic clove, crushed  
2½ tablespoons tomato paste  
Salt  
Pepper  
1 teaspoon tarragon  
1 bay leaf, crushed  
½ teaspoon thyme  
3 tablespoons sour cream

Rabbit can be found in most frozen-food departments.

Have butcher cut rabbit into serving pieces.

Heat fat; brown rabbit pieces on all sides. Sprinkle with flour; blend in well. Add stock, wine, garlic, tomato paste, and seasonings. Simmer, covered, over low heat 1½ hours. Transfer meat to warm serving platter.

Reduce sauce if necessary. Stir in sour cream; heat, but do not let sauce boil. Pour over rabbit. Yield 6 servings.





# RAREBIT

## chipped beef rarebit

- 1 cup grated cheese
- 1 cup shredded dried beef
- 3 cups canned or strained stewed tomatoes
- 2 teaspoons butter
- ¼ teaspoon pepper
- 2 beaten eggs
- 1 teaspoon Worcestershire sauce

Put cheese, beef, and tomatoes in saucepan; simmer until cheese is melted, stirring constantly. Stir in butter and pepper. Add eggs and Worcestershire sauce. Heat quickly almost to boil; serve immediately on buttered toast. Yield 4 servings.

## mushroom rarebit

- ¼ cup butter
- 4 cups sliced mushrooms
- Salt and pepper
- 2 tablespoons tomato puree
- 3 tablespoons stock or water

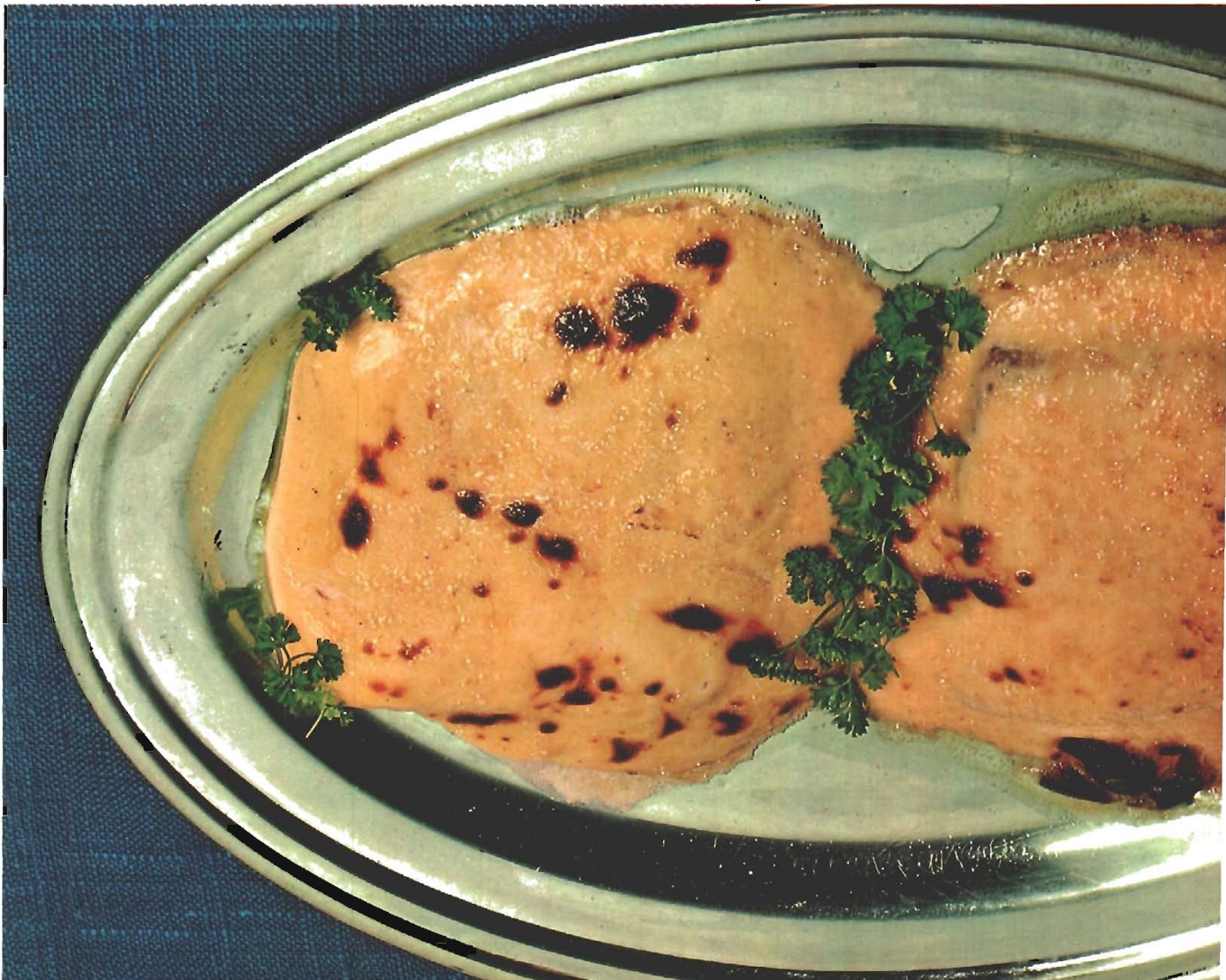
- 4 tablespoons grated Parmesan cheese
- 4 slices toast or English muffins

Heat butter in pan. Add mushrooms; sauté slowly about 10 minutes. Add seasoning and tomato puree mixed with stock. Add cheese; cook slowly until mushrooms are tender, about 5 to 7 minutes. Serve on hot buttered toast or English muffins. Yield 4 servings.

## welsh rarebit

- Butter
- ¼ cup flour
- 1 teaspoon dry mustard
- ¾ cup beer or ale
- 1¼ cups milk
- 1¼ cups grated sharp cheddar cheese
- 1 tablespoon wine vinegar
- 1 tablespoon Worcestershire sauce
- Salt and white pepper to taste
- 6 slices bread

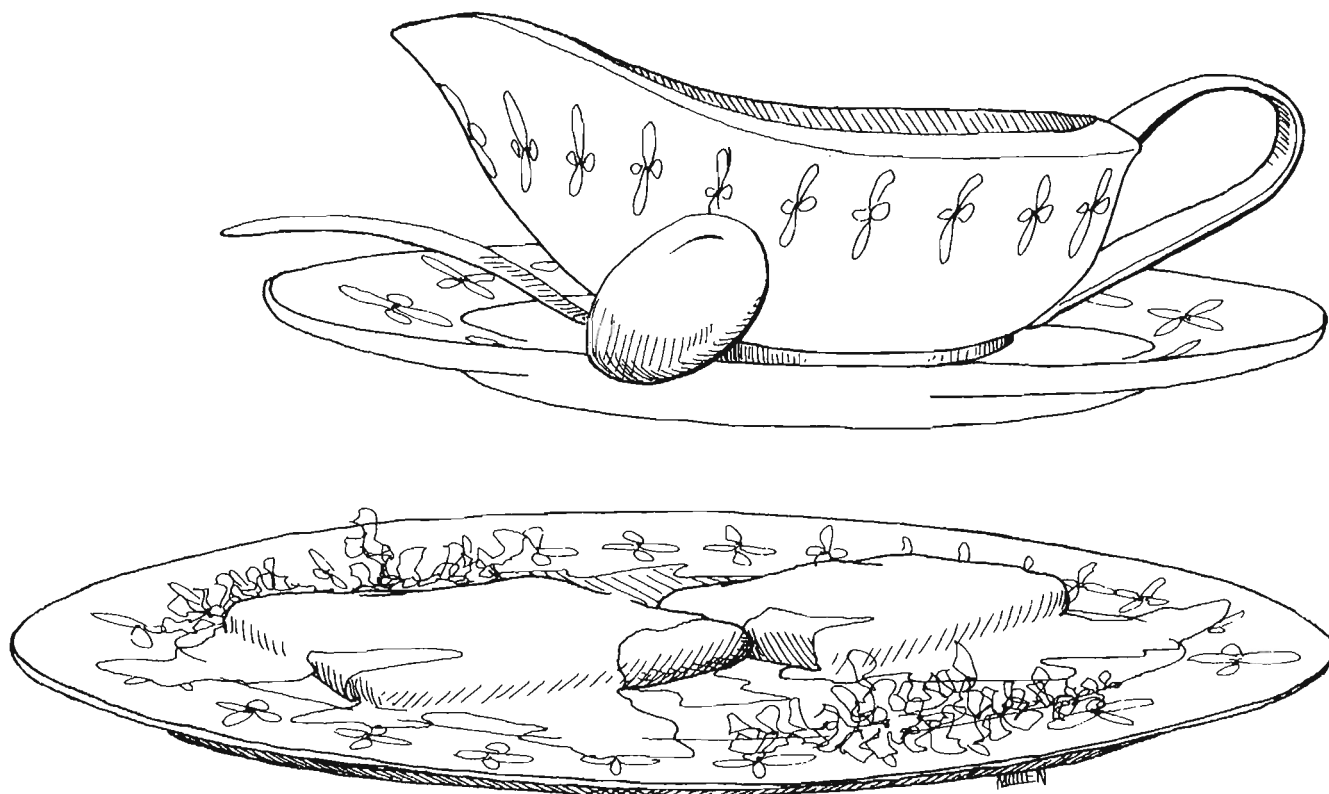
*welsh rarebit*



## RAREBIT

Melt  $\frac{1}{4}$  cup butter in heavy saucepan over low heat; increase heat to medium. Add flour and mustard; stir until smooth. Add beer; bring to boil, stirring constantly. Add milk alternately with cheese; bring to boil and stir until smooth after each addition. Add vinegar, Worcestershire sauce, salt, and pepper; mix well. Keep warm.

Spread butter liberally on each slice of bread; place on cookie sheet. Broil until toasted. Place each slice of bread on heatproof plate; spoon cheese sauce over each slice. Dot each serving with small amount of butter; broil until sauce is bubbly and brown. Garnish with parsley sprigs. Yield 6 servings.





# RELISHES

## chow chow

15 pounds green tomatoes  
5½ pounds cabbage  
6 green peppers  
7 hot red peppers  
10 onions  
1 cup salt  
1 gallon vinegar  
2½ cups sugar  
1 box mixed pickling spices, in a bag  
4 teaspoons turmeric  
3 tablespoons dry mustard

Grind tomatoes, cabbage, peppers, and onions together. Put in bag with salt; let drip overnight.

Put vinegar and seasonings in large pot; add ground vegetables. Let come to boil; cook slowly 45 minutes to 1 hour. Put in jars; seal. Yield 13 to 15 pints.

*Note: Be sure to put pickling spice in cheesecloth bag for easy removal after cooking. If you like hot chow chow, add horseradish to taste.*

## crisp watermelon rind

5 pounds watermelon rind  
1 tablespoon salt  
8 teaspoons alum  
9 cups sugar  
1 quart cider vinegar  
2 lemons, thinly sliced  
4 (2-inch) cinnamon sticks  
2 teaspoons whole allspice  
2 teaspoons whole cloves

Cut off and discard green and red portion from watermelon rind, leaving only white inner rind. Cut rind into 1-inch pieces, to measure 4 quarts. Place rind in large enamel or stainless-steel pot. Add water to cover; stir in salt. Bring to boil; reduce heat. Simmer 15 to 20 minutes, until rind can be easily pierced with fork. Remove from heat; stir in alum; cool. Cover; let stand 24 hours.

Pour off water; rinse; drain well. Add sugar, vinegar, lemon, and cinnamon.

Tie allspice and cloves in cheesecloth bag; add to rind mixture; mix well. Bring just to boil; stir constantly. Remove from heat; cool, uncovered. Cover; let stand 24 hours.

Drain off syrup into large saucepan; bring just to boil. Pour over rind; cool. Cover; let stand 24 hours.

Heat rind in syrup; do not boil. Remove and discard spice bag. Pack rind and cinnamon in hot, sterilized jars.

Heat syrup to boiling; fill jars with boiling syrup. Seal immediately. Store at least 4 weeks before serving. Yield 4 quarts.

## green-tomato relish

24 green tomatoes, diced  
6 green peppers, chopped  
6 white onions, chopped  
3 red hot peppers, chopped  
4 cups cider vinegar  
8 tablespoons sugar  
2 teaspoons mixed spice  
Salt to taste

Simmer all ingredients together about 20 to 30 minutes. Salt to taste after mixture comes to boil. Seal in pint jars while hot. Yield 6 pints.

## indian relish

2 quarts green tomatoes, peeled, chopped  
½ cup salt  
3 cups finely chopped cabbage  
3 cups vinegar  
½ cup finely chopped onion  
½ cup chopped green pepper  
¼ cup diced pimiento  
1½ cups sugar  
1½ teaspoons celery seed  
1½ teaspoons mustard seed  
1 teaspoon whole cloves  
Small piece (¼ inch) cinnamon stick

Sprinkle tomatoes with salt; leave overnight. Strain off liquid. Put tomatoes into kettle. Add cabbage and vinegar; boil gently 25 to 30 minutes. Add onion, pepper, pimiento, sugar, celery seed, and mustard seed. Add cloves and cinnamon tied loosely together in piece of cheesecloth. Mix all well; cook over gentle heat until onion is tender and relish a good consistency. Pack in hot sterilized jars; seal at once. Yield 3 to 3½ pints.

## kosher dill pickles

½ bushel small, firm cucumbers  
½ bunch dill, dried  
Water to cover, about 3 gallons  
1 pound salt  
5 pods garlic, sliced  
½ pound mixed pickling spices  
3 pods red pepper

Wash cucumbers carefully, one at a time; any sediment left on can spoil entire batch. Place in large stoneware crock.

Break up dill; place among cucumbers.

Make brine of water, salt, garlic, and spices. Add to cucumbers; they must be entirely covered with liquid. Cover with an inverted dish weighted down with clean heavy stone. Let stand at room temperature until done to your liking. Length of time will depend on room temperature. Pickles can be eaten after third or fourth day, but well-

## RELISHES

done pickles must stand a week or longer. When pickles are to your taste, refrigerate them to halt pickling process. Yield about 10 quarts.

*Note: A fresh egg in shell when placed in water will rise to surface when proper amount of salt has been added to water. This recipe gives minimum amounts of dill, garlic, and red pepper. More can be added to taste.*

### pickles

**3 pounds cucumbers**  
 **$\frac{1}{3}$  cup salt**  
**5 cups cold water**  
 **$\frac{1}{2}$  pounds onions, peeled, thinly sliced**  
**2 cups cider vinegar**  
 **$1\frac{1}{3}$  cups sugar**  
**1 teaspoon celery seed**  
**2 teaspoons prepared mustard**  
**1 teaspoon ginger**  
 **$\frac{1}{4}$  teaspoon turmeric**  
 **$\frac{1}{8}$  teaspoon mace**  
**Few dashes of red pepper**

Slice cucumbers; put into enamelware or glass bowl. Sprinkle with salt; add water. Cover; let stand overnight. Next morning turn into colander; drain 10 to 15 minutes. Put into preserving kettle; add onions. Add vinegar, sugar, and spices; heat to simmering. Simmer only 3 minutes. Pack into hot sterile jars. Yield 3 pints.

### tomato chutney

**1 tablespoon salad oil**  
**1 whole red chili pepper, crumbled**  
 **$\frac{1}{2}$  teaspoon cumin seed**  
 **$\frac{1}{4}$  teaspoon nutmeg**  
 **$\frac{1}{4}$  teaspoon mustard seed**

**4 tomatoes, peeled, sliced  $\frac{1}{8}$  inch thick**  
 **$\frac{1}{2}$  lemon, quartered**  
 **$\frac{1}{3}$  cup raisins**  
 **$\frac{1}{2}$  cup sugar**

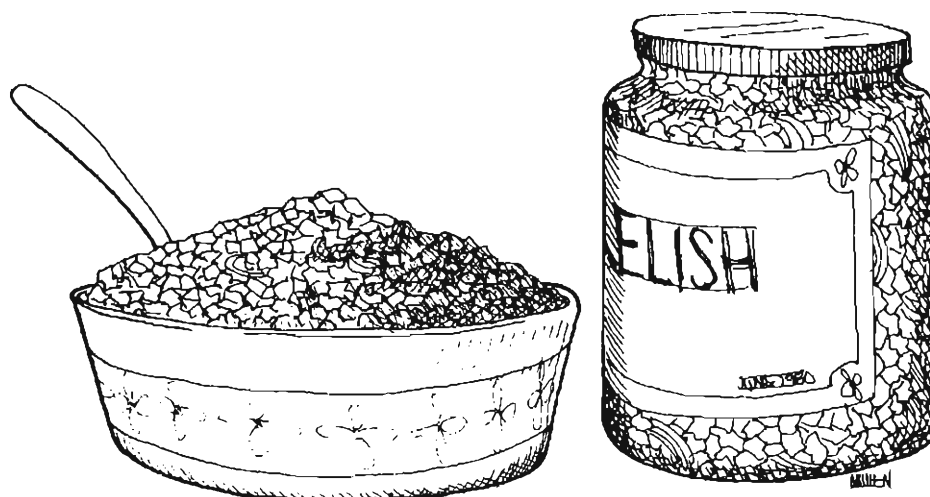
Heat oil; add chili pepper. Add cumin, nutmeg, and mustard seed. When seeds start to jump, add tomatoes and lemon. Simmer 15 minutes; stir frequently. Stir in raisins and sugar. Simmer, stirring frequently until thickened, about 30 minutes; chill. Pack in sterilized jars; seal. Yield 2 half-pints.

*Note: This chutney is from Bengal. It is sweeter and milder than most. If made ahead of time and refrigerated, allow to warm to room temperature before serving.*

### vegetable pickle

**1 medium head cabbage**  
**4 carrots**  
**6 onions**  
**2 green peppers**  
**2 red peppers**  
**2 to 3 stalks celery**  
**1 pint cider vinegar**  
**3 cups sugar**  
**1 teaspoon mustard seed**  
**1 teaspoon celery salt**

Prepare all vegetables; chop finely or put through coarsest blade of food grinder. Put into bowl; cover with cold water. Let stand about 3 hours; drain. Put vegetables into kettle. Add vinegar, sugar, mustard seed, and celery salt; bring slowly to boiling point. Remove from heat. (This way vegetables should remain crisp.) Pack into hot sterilized jars; seal at once. Yield about 5 pints.





# RICE

## basic boiled rice

**5 cups water**  
**2 teaspoons salt**  
**1 cup long-grain rice**

Bring water and salt to hard rolling boil in large saucepan. Add rice gradually; stir constantly. Cover; reduce heat. Cook at slow boil 18 to 20 minutes, until rice is tender; drain. Serve hot. Do not rinse before serving; this washes away vitamins and minerals.

### *alternate method*

**2 cups water**  
**1 teaspoon salt**  
**1 cup long-grain rice**

Bring water and salt to hard rolling boil in 2-quart saucepan. Add rice gradually; stir constantly. Cover; reduce heat. Cook at slow boil 18 to 20 minutes, until rice is tender and water is absorbed.

## basic fried oven-cooked rice

**4 tablespoons butter**  
**1 cup long-grain rice**  
**1 small onion, finely chopped**

*busy-day rice ragout*

### **2 cups hot Basic Chicken Stock (see Index)**

Melt butter in frying pan. Add rice and onion; cook over medium heat about 5 minutes or until golden, stirring frequently. Turn rice mixture into 1½-quart casserole. Stir in stock; cover. Bake in preheated 425°F oven 25 minutes, until rice is tender and stock is absorbed.

## busy-day rice ragout

**1 small onion, chopped**  
**1 green pepper, chopped**  
**1 tablespoon oil**  
**1 pound lean ground beef or veal**  
**1 teaspoon salt**  
**Dash of black pepper**  
**1 tablespoon prepared mustard**  
**2 tablespoons catsup**  
**1 tablespoon Worcestershire sauce**  
**3 cups cooked rice**  
**3 cups canned tomatoes**

Use medium to large skillet; stir onion and green pepper in oil until soft. Add meat, salt, and pepper; stir until meat loses pink color. Add remaining ingredients; stir until well blended. Reduce heat; cover skillet. Simmer just 15 minutes. Yield 4 to 6 servings.



## RICE

### chinese rice ring

1 cup converted rice, cooked  
½ cup diced green onions  
⅓ cup pimientos  
½ cup melted butter  
3 eggs, well beaten  
Pinch of salt  
1 can bean sprouts, drained

Cook rice as directed. Sauté onions and pimientos in butter in frypan until softened. Stir eggs, salt, and bean sprouts into rice. Put in well-greased round ring mold. Put ring mold on large baking or roasting pan filled with 1 inch water. Heat in oven about 20 minutes; unmold. Serve hot. Yield 8 to 10 servings.

### curried rice

½ cup rice  
2 cups hot water  
½ cup canned tomatoes  
¼ cup finely sliced onion  
¼ cup thinly sliced red or green pepper  
2 tablespoons melted butter or margarine  
¾ teaspoon curry powder

Put rice into casserole; add water. Let stand about ¾ hour. Add all other ingredients; mix well. Cover; cook in preheated 350°F oven about 1½ hours, stirring occasionally. Most of liquid should be absorbed, but serve rice while still moist. Yield 4 servings.

### fried rice

½ pound long-grain rice  
½ pound cooked ham, cut into strips  
1 (6-ounce) can shrimp, drained  
3 tablespoons oil  
2 tablespoons soy sauce  
1 leek, sliced  
4 eggs  
Freshly ground black pepper

Cook rice according to package directions.  
Cut ham into strips.  
Drain shrimp.

Heat oil in large skillet. Add ham and shrimp; cook until lightly browned, approximately 5 minutes. Add rice and soy sauce; cook 5 minutes. Add leek; cook 5 minutes, stirring occasionally. Lightly beat eggs with pepper; pour over rice. Cook until eggs are set. Serve on preheated platter. Yield 4 servings.

### mexican rice

3 tablespoons vegetable oil  
½ cup chopped onion  
1 clove garlic, minced

1 cup raw long-grain rice  
¼ cup chopped red pepper  
½ teaspoon salt  
Dash of cayenne pepper  
2 cups boiling water  
2 teaspoons chicken-broth granules  
¾ cup frozen peas and carrots, thawed  
1 small tomato, peeled, seeded, chopped  
(about ⅓ cup)

Heat oil in heavy frying pan over medium heat. Add onion, garlic, rice, and red pepper; sauté until onion is limp and rice opaque. Add salt, cayenne, water, and chicken-broth granules; cover. Cook 20 minutes or until liquid is absorbed. Add peas and carrots and tomato; cook, stirring, just until vegetables are heated through.

Serve rice immediately. Yield 4 to 6 servings.

### orange rice

3 stalks celery  
1 onion  
¼ cup butter or margarine  
1 (5-ounce) package instant rice  
1 cup water  
¾ cup orange juice  
1½ teaspoons salt  
2 teaspoons grated orange rind

Chop celery and onion fine; cook in melted butter until tender but not brown. Add rice, water, orange juice, and salt; bring to boil. Cover tightly; let stand 13 to 15 minutes. Just before serving, add orange rind; fork it through gently. (Recipe doubles nicely.) Yield 4 servings.

### oven-steamed rice

2 cups boiling water  
1 cup uncooked rice  
1 teaspoon salt

Heat oven to 350°F.

Mix all ingredients thoroughly in ungreased 1- or 1½-quart baking dish (10 × 6 or 11 × 7); cover tightly. Bake 25 to 30 minutes, until liquid is absorbed and rice tender.

Flavor can be varied by adding any of the following: chervil, curry, dillweed, onion, parsley, or saffron. Yield 4 to 6 servings.

### pilaf rice

4 tablespoons butter  
1 medium onion, finely chopped  
1 clove garlic, crushed  
1 cup rice  
6 coriander seeds  
1 stick cinnamon or 1½ teaspoons powdered cinnamon





## RICE

**6 whole cloves or ½ teaspoon ground cloves**

**Water or stock**

Melt butter in frying pan; cook onion and garlic until soft. Add rice; cook until rice begins to take on color. Add coriander, cinnamon, and cloves. Cover with water, with about ¼ inch water above rice; simmer gently, covered, until done. If necessary, add a bit of water from time to time to keep rice from sticking. Yield 5 or 6 servings.

### rice with cheese and tomatoes

**1 medium-size onion**

**3 stalks celery**

**½ green pepper**

**3 tablespoons butter, margarine, or oil**

**2 cups cooked or canned tomatoes**

**3 cups cooked rice**

**2 cups finely cut-up cheese**

Chop onion, celery, and pepper; cook in butter until tender. Add tomatoes, rice, and cheese; cover. Cook slowly until cheese melts and mixture is hot. Yield 6 servings.

### rice marguery

**½ cup butter or margarine**

**1 onion, chopped**

**1 pound fresh mushrooms, sliced**

**2 cups white rice**

**2 (8-ounce) cans undiluted consommé**

**2 cups water**

Melt half the butter in skillet. Sauté onion and mushrooms 5 minutes. Transfer to bowl with slotted spoon.

Wash rice; drain well. Place in skillet in which mushrooms were sautéed with remaining butter. Brown; add consommé. Stir in water; add mushrooms and onions. Bring to boil; cover. Simmer about 25 minutes, until all liquid is absorbed and rice tender. Serve at once. Yield 8 servings.

### rice with mushrooms

**1 (10½-ounce) can beef consommé**

**1 cup packaged precooked rice**

**½ pound fresh mushrooms**

**1 tablespoon lemon juice**

**¼ cup butter**

**¼ cup chopped onion**

**¼ cup chopped fresh parsley**

Combine consommé and 1¾ cups water in 1½-quart saucepan; bring to boil. Add rice; stir well. Reduce heat; cover. Simmer about 15 minutes or until rice is tender and all liquid absorbed.

Meanwhile wash mushrooms thoroughly under cold water; wipe dry. Slice thin; toss with lemon juice.

Melt butter in small saucepan. Add mushrooms and onion; sauté 5 minutes. Add mushroom mixture and parsley to hot rice; toss well. Yield 6 servings.

### rice and vegetable ring

**1 cup rice**

**½ pound mushrooms**

**4 tablespoons butter or margarine**

**4 tablespoons stock or water**

**Salt**

**Paprika**

**1 pound green beans or 1 head cauliflower**

Cook rice in boiling salted water; drain.

Chop mushrooms; sauté 2 to 3 minutes in 2 tablespoons butter. Add stock; combine with rice. Season to taste with salt and paprika. Press rice mixture firmly into greased 7-inch ring mold; let stand about 5 minutes. Turn onto a platter; keep warm.

Cook vegetable while rice is cooking. If cauliflower is used, divide into florets. Pile vegetable into center of mold; dot with remaining margarine. Yield 6 servings.

### risotto

**4 tablespoons butter**

**1 cup long-grain rice**

**2 cups Basic Beef or Chicken Stock (see Index)**

Melt butter in heavy skillet. Add rice; cook over medium heat, stirring constantly, until butter is absorbed. Pour in 1 cup stock; cook, stirring frequently, until stock has been absorbed. Add ½ cup stock; cook until absorbed. Add remaining stock; stir well. Cover; simmer until stock has been absorbed, stirring occasionally. Cooking time will be about 25 minutes after first addition of stock.

*rice with mushrooms*







*skillet-fried rice*

## skillet-fried rice

3 cups uncooked rice  
6 tablespoons oil  
5 eggs, beaten  
6 tablespoons soy sauce  
 $\frac{1}{4}$  teaspoon garlic powder  
2 onions, chopped  
2 cups celery, sliced on diagonal

Cook rice until done; set aside to drain.

Heat oil in large skillet; pour in eggs. As they harden, cut up eggs with 2 knives. Add soy sauce and garlic powder. Add rice, onions, and celery. Stir over low heat 3 to 5 minutes, until well-blended. Yield 12 to 14 servings.

## sugar-and-spice rice

1 cup cold water  
1 cup whole milk  
1 teaspoon salt  
1 cup uncooked rice  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup granulated sugar  
2 teaspoons cinnamon

Combine water, milk, salt, and uncooked rice in 3-quart saucepan; bring to boil. Stir once; cover. Turn heat very low; cook 20 minutes or until water and milk are absorbed. Do not uncover while cooking. Spoon rice into serving dishes; top each serving with 2 tablespoons butter, 2 tablespoons sugar, and  $\frac{1}{2}$  teaspoon cinnamon. Serve immediately. Yield 4 servings.

## RICE



*sugar-and-spice rice*



# SALADS

## CHEESE

### feta-cheese salad

**½ pound feta cheese, thinly sliced**  
**Freshly ground black pepper (about ½ teaspoon)**  
**2 tablespoons vegetable oil**  
**2 tablespoons white vinegar**  
**3 stalks celery, thinly sliced**  
**10 pecans or walnuts**  
**½ teaspoon salt**

Arrange cheese in shallow bowl. Sprinkle generously with pepper. Drizzle 1 tablespoon each oil and vinegar over cheese. Arrange celery on cheese. Sprinkle with nuts. Drizzle with rest of oil and vinegar; sprinkle with salt. Cover; refrigerate at least 1 hour. Mix well; correct seasoning, if necessary. Yield 4 servings.

## CHEF'S SALADS

### chef's salad

**½ head Boston lettuce**  
**1 large tomato, cut into eighths**  
**½ cucumber, thinly sliced**  
**1 small onion, grated**  
**½ green pepper, cut into thin strips**  
**½ cup plain yogurt**  
**1 tablespoon lemon juice**  
**½ teaspoon salt**



**⅛ teaspoon white pepper**  
**1 clove garlic, minced**  
**1 teaspoon chopped parsley**  
**1 teaspoon dried dill**  
**½ cup cooked chicken, cut into julienne strips**  
**½ cup chopped cooked ham**  
**¼ cup julienne strips low-fat mozzarella cheese**  
**2 sardines, drained, cut in half lengthwise**  
**3 stuffed green olives, sliced**

Wash lettuce; tear into bite-size pieces. Arrange on salad platter with tomato, cucumber, onion, and green pepper; cover. Refrigerate while preparing rest of ingredients and dressing.

Blend yogurt with lemon juice; season with salt, pepper, garlic, parsley, and dill. Pour dressing over salad greens; arrange meats, cheese, and sardines on top. Garnish with olives. Yield 4 servings.

### tossed luncheon salad

**8 ounces lean cooked leftover beef, cut into julienne strips**  
**4 ounces cooked ham, chicken, or turkey, cut into julienne strips**  
**1 large dill pickle, chopped**  
**1 tart apple, cored, diced**  
**½ cup cooked or canned peas, chilled**  
**½ cup cooked cauliflower florets, chilled**

#### salad dressing

**1 cup plain yogurt**  
**1 tablespoon chopped fresh parsley**  
**1 tablespoon chopped chives or thinly sliced scallion**  
**½ teaspoon paprika**  
**⅛ teaspoon nutmeg**  
**Salt and pepper to taste**  
**Lettuce leaves**

**1 or 2 hard-cooked eggs, cut into wedges or slices**

Combine meats, pickle, apple, and vegetables, except lettuce.

Blend together dressing ingredients. Pour over meat and vegetables; toss lightly. Serve salad on bed of lettuce leaves. Garnish with hard-cooked eggs. Yield about 4 servings.

## EGG

### dutch egg salad

#### salad ingredients

**4 hard-cooked eggs, sliced**  
**2 anchovy fillets, diced**  
**1 dill pickle, diced**



*chef's salad*

**salad dressing**

½ cup plain yogurt  
1½ teaspoons prepared mustard  
Salt and pepper to taste  
Pinch of sugar  
1 teaspoon lemon juice

**garnish**

1 hard-cooked egg, sliced  
1 medium tomato, sliced  
1 anchovy fillet, sliced  
2 tablespoons capers  
1 pimiento, cut into strips (or ⅓ green pepper)  
1 small dill pickle, diced

Combine salad ingredients; place in small serving bowl.

Combine dressing ingredients; pour over salad.

Arrange egg, tomato, anchovy, capers, and pimiento on salad as garnish. Top tomato slices with pickle; serve at once. Yield 4 servings.

**russian egg salad**

4 English-muffin halves

Butter

4 hard-boiled eggs

16 thin unpeeled cucumber slices

1 cup cooked mixed vegetables

½ cup Basic Remoulade Sauce (see Index)

Mayonnaise

Toast muffins in 200°F oven 30 minutes or until golden brown and dry. Cut 1-inch circle from center of each muffin. Spread each muffin with butter.





*dutch egg salad*



*russian egg salad*

Cut each egg, from pointed end to just below center, to form 4 petals. Place 1 egg in center of each muffin; arrange cucumber slices between egg petals.

Combine mixed vegetables with just enough Rémoulade Sauce to moisten; spoon vegetable mixture around eggs. Pipe with green-tinted mayonnaise. Garnish with watercress, fresh parsley, and stuffed green olives, if desired; serve immediately. Yield 4 servings.



## SALADS • FRUIT

### FRUIT

#### apple-grape salad

- 2 medium tart apples, peeled, quartered, cored
- $\frac{1}{2}$  pound blue grapes, halved, seeded
- 1 stalk garden mint (leaves only)
- 2 teaspoons sugar
- 2 tablespoons lemon juice
- 2 tablespoons brandy

Cut apples crosswise in thin slices. Arrange apples, grapes, and mint leaves in glass bowl. Sprinkle with sugar, lemon juice, and brandy; toss lightly. Cover; chill 1 hour. Yield 4 servings.

#### brandied fruit salad

- 3 tablespoons strained lemon juice
- 3 large apples
- 3 ripe pears
- 2 large oranges
- $\frac{1}{2}$  pound fresh pitted Queen Anne cherries
- $\frac{1}{2}$  pound seedless white grapes
- 1 small honeydew melon
- $\frac{3}{4}$  cup confectioners' sugar
- 1 cup sauterne
- $\frac{1}{2}$  cup brandy

Combine lemon juice and 3 tablespoons cold water in large salad bowl.

Peel, core, and dice apples and pears. Place in lemon-juice mixture; turn to coat well. Let stand 20 minutes.



*brandied fruit salad*

Peel oranges; separate into skinless segments. Combine oranges, cherries, and grapes with apple mixture.

Peel and slice melon into narrow strips. Add to other fruits. Sift sugar over fruits.

Mix sauterne and brandy; pour over fruits. Chill overnight; serve in individual bowls. Yield 12 servings.

*apple-grape salad*







*chinese fruit salad*

## chinese fruit salad

- 1 (4-ounce) jar ginger in syrup
- 1 (8-ounce) can kumquats
- 1 (11-ounce) can litchi nuts in syrup
- 1 (20-ounce) can longans
- 1 (16-ounce) can mangos
- 1 (12-ounce) can water-lily roots
- 1 round watermelon, chilled
- 1 (18-ounce) can white nuts or 1 cup slivered almonds
- 1 lemon, sliced

Drain ginger, kumquats, litchi nuts, longans, mangos, water-lily roots. Place in large bowl; mix well. Chill until cold.

Cut watermelon in half; remove meat and seeds. Cut melon meat into cubes or balls. Cut slice off base of each watermelon half; place each half in serving dish. Place melon cubes into shells. Pile ginger mixture on watermelon. Serve with white nuts and lemon. Yield about 12 servings.

## creamy fruit salad

- 1 (3-ounce) package cream cheese
- 1 tablespoon syrup from canned mandarin oranges
- 1 (11-ounce) can mandarin orange sections, drained
- 1 (13½-ounce) can pineapple tidbits, drained
- 1 cup miniature marshmallows
- ⅓ cup halved, drained maraschino cherries
- Lettuce

Beat cream cheese with liquid from mandarin oranges until creamy. Add oranges, pineapple, and marshmallows; combine gently but thoroughly. Lightly fold in cherries; chill. Serve in lettuce cups. Yield 6 servings.

## frozen fruit salad

- 1 (16-ounce) can dark sweet pitted cherries
- 1 (16-ounce) can pineapple tidbits
- 1 (8-ounce) package cream cheese, softened
- 2 cups whipped topping
- ½ cup chopped nuts
- Crisp salad greens

Drain fruits well.

Beat cream cheese into whipped topping. Fold in fruits and nuts. Pour into 8 × 8-inch pan. Cover; freeze.

Before serving, let salad set in the refrigerator about 1 hour. Cut; serve on crisp salad greens. Yield 12 servings.

## fruit-salad combinations

Pare and section 2 grapefruit and 3 oranges. For each salad arrange grapefruit and orange sections on lettuce leaf; garnish with maraschino cherry half.

Lightly mix 1½ cups each cantaloupe, honeydew, and watermelon balls or cubes. Serve on crisp salad greens. Allow about ⅓ cup fruit per serving.

Drain 1 (13½-ounce) can pineapple tidbits; combine with 3 pared and sectioned oranges and 1 sliced banana. Place on crisp salad greens; and sprinkle with ¼ cup chopped walnuts. Allow about ½ cup fruit per serving.

Lightly mix 2 cups cantaloupe cubes, ½ cup fresh blueberries, and 1 large sliced banana. Serve on crisp salad greens. Allow about ½ cup fruit per salad.

Combine 4 peeled and sliced peaches, ½ cup halved seedless grapes, ½ cup halved and seeded Tokay grapes, and 1 large sliced banana. Serve on



*fruit salad with nuts german-style*

crisp salad greens. Allow about  $\frac{2}{3}$  cup fruit per serving. Yield 6 servings.

## **fruit salad with nuts german-style**

1 small honeydew melon  
2 oranges  
1 cup blue grapes  
Lettuce leaves  
12 walnut halves

### *dressing*

1 (8-ounce) container yogurt  
1 tablespoon lemon juice  
1 tablespoon orange juice  
1 tablespoon tomato catsup  
2 tablespoons evaporated milk  
Dash of salt  
Dash of white pepper

Scoop out melon with melon baller.

Cut peel from oranges; remove white membrane; slice crosswise.

Cut grapes in half; remove seeds.

Line glass bowl with lettuce leaves; arrange melon, oranges, grapes, and walnuts in layers on top lettuce.

Mix and blend well all dressing ingredients; adjust seasonings. Pour over fruit; let marinate 30 minutes. Toss salad just before serving. Yield 4 to 6 servings.

## **grapefruit salad**

1 (8-ounce) can grapefruit sections  
1 cup sour cream  
1 teaspoon salt  
1 teaspoon dry mustard  
 $\frac{1}{2}$  head cabbage, shredded (4 to 5 cups)

*grapefruit salad*







*honeyed salad*

Drain grapefruit; mix 2 tablespoons grapefruit juice with cream, salt, and mustard. Pour over cabbage; toss lightly. Add grapefruit sections; mix in lightly. Yield 4 or 5 servings.

## health salad

- 1 head Boston lettuce
- 1 small cucumber
- 2 small tomatoes
- 1 green pepper
- ½ avocado
- 5 radishes
- 1 peach
- 1 slice pineapple (from can)
- 4 ounces mandarin oranges (from can)
- ¼ pound fresh strawberries

### *health salad dressing*

- 1 small onion, minced
- 2 teaspoons prepared mustard
- 6 tablespoons lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 3 tablespoons vegetable oil
- 1 sprig parsley, chopped
- 2 teaspoons fresh dill (or ½ teaspoon dried dill)
- ¼ teaspoon dried tarragon
- ¼ teaspoon dried basil

Wash lettuce; tear leaves into bite-size pieces. Cut unpeeled cucumber into thin slices. Peel tomatoes; cut into slices. Core, seed, and slice green pepper. Peel avocado; slice. Clean radishes; slice. Peel peach; cube peach and pineapple slice. Drain oranges. Hull strawberries; cut in half. Ar-

range all ingredients in large bowl.

Make dressing. Blend onion thoroughly with mustard, lemon juice, salt, pepper, and oil. Add herbs; correct seasoning if necessary. Pour over salad; mix gently but thoroughly. Cover; marinate about 10 minutes. Serve in bowl or on platter. Yield 4 to 6 servings.

## honeyed salad

- 4 dessert apples
- ½ cup seeded or seedless raisins
- ¼ cup chopped walnuts
- 1½ cups cooked diced carrots
- Pinch of salt

### *honey salad dressing*

- 1 tablespoon clear honey
- 3 tablespoons lemon juice

Peel, core, and dice 3 apples; combine with raisins, nuts, and carrots. Add salt. Add honey and lemon juice blended together; toss lightly. Set aside in cool place about 1 hour. Arrange in salad bowl or on platter; garnish with remaining apple—unpeeled, cut into slices, brushed with lemon juice. Yield 4 or 5 servings.

## melon salad

- 1 Spanish melon
- 1 cup fresh strawberries
- 1 orange
- 2 tablespoons honey
- ½ cup whipped cream
- Pistachio nuts



*health salad*









Slice  $\frac{1}{4}$  of top off melon; remove seeds. Scoop out meat from melon with melon-ball scoop; save shell. Place balls in large bowl.

Wash strawberries; remove stems. Add to melon balls.

Peel orange; slice into sections by cutting between membranes. Add to melon balls.

Drizzle honey over fruit; toss gently. Fill shell with fruit. Garnish with whipped cream and pistachio nuts; chill. Yield 4 to 6 servings.

## orange and avocado salad

$\frac{1}{4}$  cup fresh lemon juice

2 avocados

3 fresh oranges

*melon salad*

### orange mayonnaise

$\frac{3}{4}$  cup mayonnaise

$\frac{1}{4}$  cup fresh orange juice

$\frac{1}{2}$  teaspoon paprika

Lettuce leaves

Pour lemon juice into shallow bowl.

Peel avocados; cut crosswise into  $\frac{1}{4}$ -inch slices; remove seeds as sliced. Dip slices into lemon juice to keep from turning dark.

Peel oranges; cut crosswise into  $\frac{1}{2}$ -inch slices; remove seeds.

Mix mayonnaise, orange juice, and paprika.

Line serving bowl with lettuce leaves. Place alternate layers of orange and avocado slices on lettuce; end with avocado slices. Serve with Orange Mayonnaise. Yield 6 servings.

## orange and onion salad

4 large oranges

1 Bermuda onion, sliced

1 medium cucumber, sliced

1 small green pepper, peeled, seeded, chopped

salad dressing

$\frac{1}{3}$  cup vegetable oil

$\frac{1}{4}$  cup wine vinegar

1 teaspoon sugar

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon chili powder

*peaches filled with cheese*







Peel oranges; remove as much white membrane as possible. Slice; remove seeds. Alternate layers of oranges, onion, and cucumber in serving dish. Sprinkle with green pepper. Pour dressing over; garnish with endive. Refrigerate until serving time. Yield 6 servings.

## peaches filled with cheese

1 can (about 30-ounces) peach halves  
3 tablespoons grated cheddar cheese  
1 tablespoon grated Parmesan cheese  
1 tablespoon softened butter  
Salt  
Cayenne pepper  
Lettuce  
1 (3-ounce) package cream cheese  
5 to 6 tablespoons light cream

**Paprika**

Drain peaches.

Mix cheeses with butter; season to taste with salt and cayenne. Fill peach halves. Arrange on platter or on individual dishes on bed of lettuce.

Beat together cream cheese and cream; spoon over peaches. Sprinkle with paprika. Yield 4 or 5 servings.

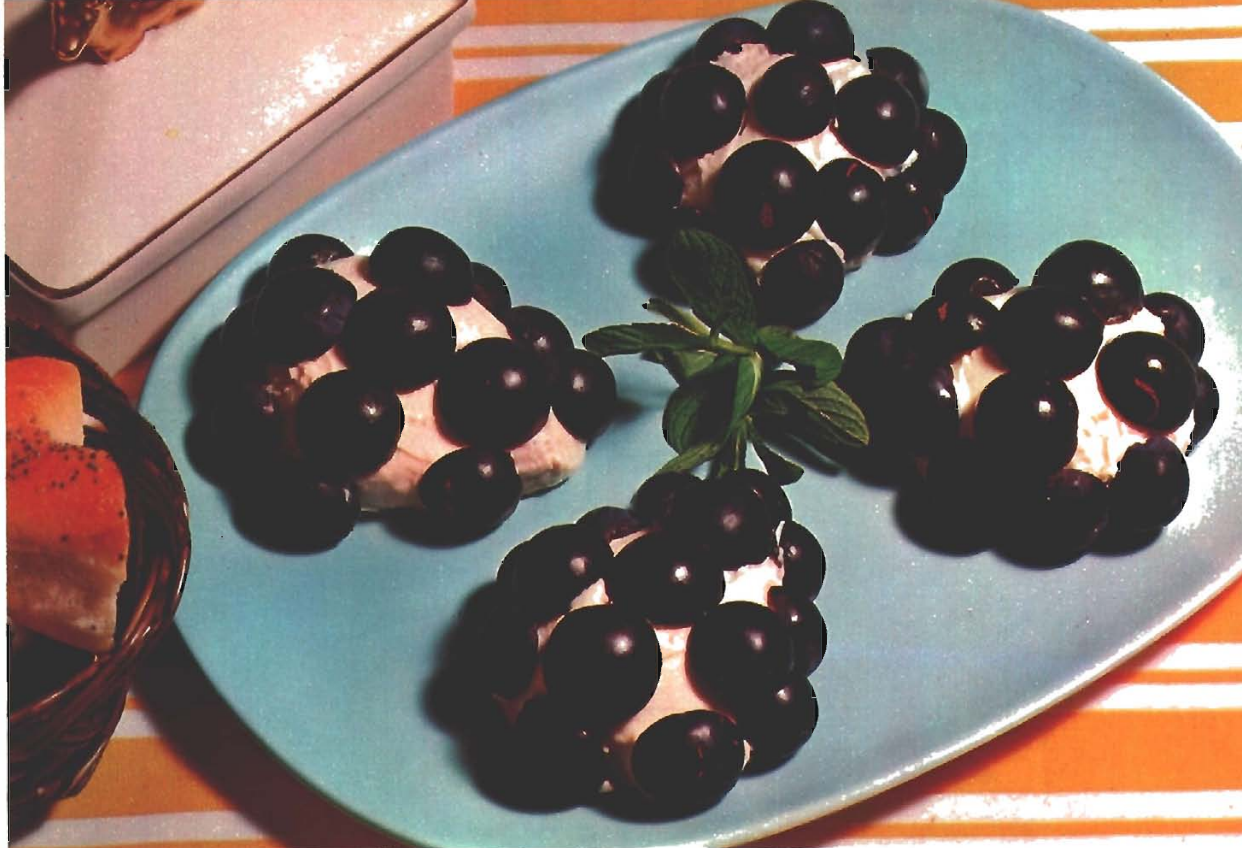


*orange and avocado salad*

## pear and grape salad

4 ripe dessert pears  
1 cup cream cheese  
1 to 2 tablespoons French dressing  
½ pound black grapes  
Crisp lettuce (optional)





*pear and grape salad*

Peel pears; cut in half. Scoop out core with teaspoon.

Blend cream cheese with enough French dressing to make spreadable; coat rounded side of each pear half. Place on platter, cut-side-down.

Halve and seed grapes; press into cheese close together, so each pear half resembles small bunch of grapes. Serve on lettuce leaves if desired. Yield 4 servings.

## pineapple, blackberry, and strawberry salad

1 large pineapple  
2 cups blackberries  
1 cup strawberries  
Sifted confectioners' sugar  
Kirsch

Remove crown from pineapple; cut so it will sit evenly. Place on large circular serving platter at center back. Cut pineapple lengthwise into 3 sections, center section  $1\frac{1}{2}$ -inches wide; reserve center section. Remove pineapple from each remaining section, leaving shell; dice pineapple. Saw-tooth edges of pineapple shells; fill with diced pineapple. Place on platter, cut ends next to crown, at angles toward outside. Pare reserved pineapple slice; cut lengthwise to remove core, leaving 2 slices. Cut each slice in half lengthwise; place 1 pineapple slice lengthwise over diced pineapple in each shell. Cut remaining slices in half crosswise; place in center at right angles to lengthwise pineapple slices. Fill sections of pineapple slices alternately with half the blackberries and all

the strawberries. Arrange remaining blackberries on platter between pineapple shells. Sprinkle fruits generously with confectioners' sugar. Moisten with small amount of kirsch; chill until sugar has dissolved. Yield about 8 servings.

*pineapple, blackberry, and strawberry salad*





**pineapple salad**

- 2 slices canned pineapple
- 2 oranges
- 2 apples
- ¼ medium melon (honeydew or cantaloupe)
- ½ pound green seedless grapes

*low-cal salad dressing*

- ½ cup plain yogurt
- 1 tablespoon imitation mayonnaise (or low-calorie mayonnaise)
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 1 teaspoon honey

Cut pineapple slices into ½-inch pieces. Peel and section oranges; remove membranes; cut sections into pieces. Peel apples and melon; remove seeds; cut into bite-size pieces. Cut grapes in half. Gently mix fruit in large bowl.

Make dressing. Blend yogurt, mayonnaise, and lemon juice. Season to taste with salt, pepper, and honey. Pour dressing over fruit; mix gently. Cover bowl; refrigerate 10 minutes to blend flavors. Yield 4 to 6 servings.

*pineapple salad***waldorf salad**

- ½ cup mayonnaise
- ½ cup sour cream
- 1 tablespoon honey
- 1½ cups peeled, cored, diced tart apples
- 1 cup diced celery
- ½ cup coarsely chopped walnuts
- 1 cup halved, seeded grapes

Combine mayonnaise, sour cream, and honey. Add apples; mix well to prevent apple discoloring. Add celery, walnuts, and grapes; mix lightly. Chill well before serving. Yield 3 or 4 servings.

**GREEN SALADS****caesar salad I***salad dressing*

- 1 coddled egg
- ⅔ cup French dressing (see Index)
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 2 small heads romaine or other lettuce
- 2 tablespoons butter
- 1 clove garlic, crushed
- 2 slices bread, cut into ½-inch cubes
- 2 slices bacon, chopped
- Grated Parmesan cheese
- Chopped parsley

Make dressing. Coddle egg: put into boiling water 1 minute; remove shell. Mix well with all other ingredients.

Remove tough outer leaves from lettuce; wash; dry well. Break into pieces; put into salad bowl. Add dressing; toss lightly.

Heat butter in skillet. Add garlic and bread cubes; cook until crisp and golden brown.

Fry bacon until crisp; drain on absorbent paper. Scatter bacon and croutons over salad; sprinkle generously with cheese and parsley. Yield 4 or 5 servings.

**caesar salad II**

- 1 cup peanut oil
- 1 clove garlic, crushed
- 2 cups bread cubes
- 2 heads romaine
- 1 head Boston lettuce
- 1 bunch watercress
- ¾ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon dry mustard
- ¼ teaspoon freshly ground pepper
- ⅓ cup lemon juice



**2 eggs, lightly beaten**  
**Dash of Worcestershire sauce**  
**1 (2-ounce) can anchovy fillets**

Pour oil into jar. Add garlic; cover. Let stand at least 1 hour.

Sauté bread in  $\frac{1}{4}$  cup garlic oil until golden brown; drain on absorbent paper.

Tear romaine, Boston lettuce, and watercress into large salad bowl.

Combine cheese, salt, mustard, and pepper. Sprinkle over greens gradually; toss to mix well. Gradually beat lemon juice into eggs; add Worcestershire sauce. Pour  $\frac{1}{3}$  of egg mixture and  $\frac{1}{3}$  of remaining oil mixture over salad; toss gently. Repeat 2 more times; add anchovies and croutons during last tossing. Serve immediately. Yield about 12 servings.

## **green salad with croutons**

### *croutons*

**2 tablespoons olive oil**  
**1 clove garlic, peeled, sliced**  
**1 cup cubed stale Italian bread, crust removed**  
 (save for bread crumbs)

### *salad dressing*

**$\frac{1}{2}$  cup olive oil**

*green salad with croutons*







*mixed green salad*

- ¼ cup red wine vinegar**
- ½ teaspoon crumbled dried oregano**
- ½ teaspoon salt**
- ¼ teaspoon pepper**

#### *salad*

- 1 medium head garden lettuce**
- 1 medium head romaine lettuce or endive**
- ¼ cup grated Parmesan cheese**

Prepare croutons. Heat oil in small skillet; sauté garlic over moderate heat until lightly browned. Remove garlic with slotted spoon; discard. Add bread; sauté, stirring frequently, until golden brown. Drain on paper towels.

Combine dressing ingredients in bottle or screw-top jar; shake well. Allow to stand at room temperature.

Clean lettuce; pat dry. Tear into bite-size pieces; place in salad bowl. Refrigerate until serving time.

To serve, sprinkle salad with cheese and croutons. Shake dressing well; pour over salad. Toss well; serve immediately. Yield 4 to 6 servings.

## **maximilian's salad**

- 1 large head lettuce (or 8 cups mixed salad greens)**
- 1 medium Bermuda onion, sliced**
- 1 clove garlic, peeled**
- 1 teaspoon salt**
- 1 tablespoon sugar**
- ½ teaspoon paprika**
- ½ cup olive oil**
- ¼ cup lemon juice**

- 1 (3-ounce) package Roquefort cheese, crumbled**

Clean lettuce; remove brown or damaged leaves. Wash well; drain. Shake dry; tear into bite-

size pieces. Combine with onion in large salad bowl.

Sprinkle garlic clove with salt; mash with blade of knife.

Combine garlic, salt, sugar, paprika, oil, and lemon juice in blender jar; whirl until blended. Pour over salad; toss. Sprinkle with cheese; serve with toasted tortillas. Yield 6 servings.

## **mixed green salad**

- 1 head Bibb lettuce (or ½ head iceberg lettuce)**
- 2 green peppers, cleaned, seeded, cut into strips**
- 4 small tomatoes, sliced**
- 2 small onions, sliced, separated into rings**
- 2 hard-cooked eggs, sliced**
- ½ cup sliced stuffed green olives**
- ½ medium cucumber, peeled, seeded, cut into chunks**

#### *salad dressing*

- 4 tablespoons olive oil**
- 3 tablespoons tarragon vinegar**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground pepper**
- 1 clove garlic, crushed**
- ¼ teaspoon crushed oregano**
- 1 tablespoon chopped fresh parsley**

Wash lettuce; dry. Tear into bite-size pieces; place in salad bowl. Add peppers, tomatoes, onions, eggs, olives, and cucumber; refrigerate.

Combine all dressing ingredients; mix well.

At serving time toss salad at table with prepared dressing. Yield 4 servings.

## MACARONI

### cheese and macaroni salad ring

1 cup elbow macaroni  
 ¼ cup French dressing  
 2 cups cottage cheese  
 ¼ cup diced pimiento  
 ¼ cup diced green pepper  
 2 tablespoons very finely chopped onion  
 2 tablespoons chopped parsley

**Lettuce**

**Radishes and stuffed green olives (garnish)**

Cook macaroni in boiling salted water about 10 minutes; drain well. While still warm, add French dressing; mix well. Set aside to chill. Add other ingredients except lettuce; mix lightly but thoroughly. Press into quart ring mold; chill several hours.

When ready to serve, arrange lettuce on platter. Loosen mixture from side of mold with knife; turn onto lettuce. Garnish with radish flowers and olive slices. Yield 6 to 9 servings.

### macaroni salad

2 cups shell or ring macaroni  
 2 tablespoons butter  
 1 cup cubed cheddar cheese  
 1 cup sliced gherkins  
 ½ cup very finely chopped onion

*macaroni salad*

2 cups cooked peas

½ cup mayonnaise

**Seasoning**

**Lettuce**

Cook macaroni in boiling salted water; drain well. Add butter; toss lightly. Add cheese, gherkins, onion, and peas. Stir in mayonnaise; blend carefully, making sure macaroni is well mixed with mayonnaise. Check seasoning; set aside to chill. Serve individually in lettuce leaves or on bed of shredded lettuce. Yield 6 servings.

## MEAT

### ham and pineapple salad

½ cup shell or other small pasta

3 tablespoons mayonnaise

1 green pepper, seeded, chopped

**Salt and pepper**

4 large slices cooked ham

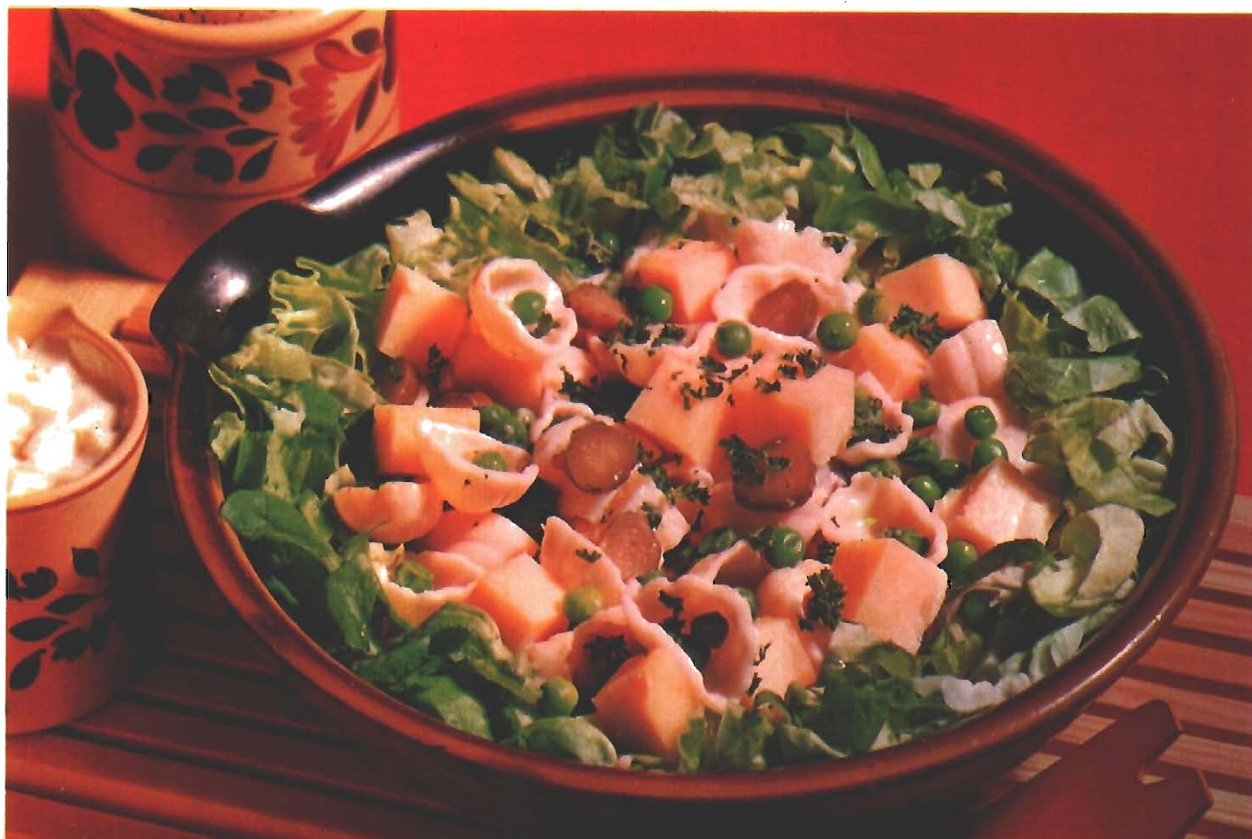
**Lettuce**

4 pineapple rings

2 tomatoes

Cook pasta in boiling salted water 10 minutes; drain well. While still warm, add mayonnaise, green pepper, and seasoning; set aside to get quite cold.

Place spoonful of mixture on one half of each ham slice; fold other half over. Arrange on bed of lettuce; place pineapple ring on each ham slice. Garnish with tomato wedges. Yield 4 servings.





## liverwurst salad

- 1 cup diced liverwurst
- ¼ cup finely chopped onion
- ¼ cup diced celery
- ¼ cup finely chopped green pepper
- ½ head lettuce, torn into medium-size pieces
- ½ cup shredded carrots

### salad dressing

- ⅓ cup salad oil
- ⅓ cup salad vinegar
- ⅓ cup chili sauce
- 1 tablespoon prepared horseradish
- ½ teaspoon salt

Combine liverwurst, onion, celery, pepper, lettuce, and carrots in salad bowl; chill thoroughly.

Combine dressing ingredients in jar; shake vigorously; chill.

To serve, place vegetable and meat mixture in salad bowls. Pour dressing mixture into small pitcher; pass to diners. Yield 6 servings.

## marinated beef salad

### salad

- 3 cups cubed cooked lean beef
- ½ cup chopped onion
- 2 tablespoons chopped parsley
- 1 sweet red pepper, seeded, chopped
- 1 medium tomato, chopped

### salad dressing

- ½ cup olive oil
- ¼ cup wine vinegar

- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon crumbled oregano
- ½ teaspoon prepared mustard

### garnish

- 1 head Boston lettuce
- 1 large tomato, cut into wedges

Combine beef, onion, parsley, pepper, and tomato; toss well.

Combine dressing ingredients; pour over salad; toss well. Refrigerate at least 3 hours.

At serving time, line serving dish with lettuce leaves; fill with salad. Garnish with tomato wedges. Serve with plenty of crusty bread. Yield 4 servings.

## swiss ham salad

- ¾ pound cooked ham, cut into thick slices, diced
- ¾ pound Gruyère cheese, diced
- 6 tablespoons olive oil
- 2 tablespoons white wine vinegar
- Salt

Freshly ground black pepper

Romaine lettuce or curly endive

Finely chopped parsley or fresh herbs

Combine ham and cheese in bowl.

Make dressing with oil, vinegar, salt, and pepper. Pour over ham and cheese; toss lightly. Refrigerate; leave about 1 hour to marinate.

Arrange lettuce in salad bowl. Pile ham and cheese in center; sprinkle with parsley. Yield 4 or 5 servings.

*marinated beef salad*





*turkish cucumber salad*

## **turkish cucumber salad**

**6 ounces baked ham, diced**  
**2 large cucumbers, diced**

### **salad dressing**

**1 cup plain yogurt**  
**1 teaspoon prepared mustard**  
**Dash of nutmeg**  
**Pinch of sugar**  
**Salt and freshly ground black pepper to taste**  
**Small bunch watercress (if available, easily grown from seed), chopped**  
**1 or 2 fresh mint leaves, minced**  
**2 tablespoons chopped chives or scallions**

### **garnish**

**Watercress**

**Parsley leaves**

Combine ham and cucumbers.

Prepare dressing by stirring together all ingredients. Fold ham and cucumbers into dressing. Serve salad at once garnished with watercress and parsley. Dressing can alternately be used as topping. Yield 4 servings.

## **MOLDS**

### **apple-lime molds**

**1½ envelopes unflavored gelatin**  
**⅓ cup fresh lime juice**  
**½ cup sugar**  
**⅛ teaspoon salt**  
**1 teaspoon grated lime rind**  
**2 medium red Delicious apples**  
**1 cup whipping cream, whipped**  
**Green food coloring**  
**Whole strawberries**  
**Mint sprigs**

Soften gelatin in lime juice.

Combine 1¼ cups water with sugar and salt in saucepan; bring to simmer. Stir in gelatin mixture until dissolved; add lime rind. Chill until thickened; stir frequently.

Pare and dice 1 apple; fold apple and whipped cream into gelatin mixture. Add enough food coloring for desired tint. Spoon gelatin mixture into 7 (5-ounce) oiled molds or 1 (2-quart) mold; chill until firm.

Remove core from remaining apple; cut apple into thin wedges.

Unmold salad onto serving dish; garnish with apple slices, strawberries, and mint sprigs. Yield 7 servings.



*apple-lime molds*





*apricot ring mold*

## apricot ring mold

1 can (1-pound, 4-ounces) apricots  
 1 cup pineapple juice  
 1 envelope unflavored gelatin  
 2 tablespoons water  
 1 (3-ounce) package cream cheese  
 1 tablespoon whipped cream  
 ½ small green pepper, blanched, finely chopped  
 Pinch of paprika  
 Pinch of salt  
 Watercress or lettuce

Drain apricots; finely chop enough to make ¼ cup; reserve rest.

Mix 1 cup apricot syrup with pineapple juice; heat to boiling.

Soften gelatin 5 minutes in water; dissolve in hot fruit juice. Add chopped apricots to half the gelatin; pour into small ring mold. Refrigerate until set. Chill remaining gelatin until it begins to thicken.

Blend cream cheese with cream. Add green pepper, paprika, and salt; spread on firm gelatin. Cover with remaining thickened gelatin; set aside until firm. Unmold; fill center with watercress and remaining apricots. Yield 4 servings.

## avocado ring mold

1½ cups mashed avocado (about 2 avocados)  
 2 tablespoons lemon juice  
 1 package lemon-flavored gelatin  
 ¾ cup boiling water  
 1 cup sour cream  
 ¾ cup mayonnaise  
 1 tablespoon onion juice  
 Dash of cayenne pepper  
 2 tablespoons finely chopped green pepper  
 Mayonnaise  
 Paprika

Peel and seed avocados; sprinkle with lemon juice. Mash well; force through sieve or puree in electric blender.

Dissolve gelatin in boiling water. Add avocado, sour cream, mayonnaise, onion juice, cayenne, and green pepper.

Lightly oil ring mold; pour in mixture. Chill overnight; unmold onto large plate. Garnish with whole black olives, cherry tomatoes, and Bibb lettuce. Place small bowl in center of ring; fill with mayonnaise dusted with paprika. Yield 6 servings.

## banana mold

1 package pineapple-flavored gelatin  
 ½ pint hot water  
 ½ pint cream  
 4 large bananas

Dissolve gelatin in hot water. When nearly cold, but before set, gradually stir in cream.

Peel bananas; mash with fork. Beat until light and smooth; stir lightly but thoroughly into gelatin and cream. Pour into glass dish; let set. Yield 4 to 6 servings.

*Note: If mixing is done before gelatin is sufficiently cool, gelatin, banana, and cream will separate into layers.*

## basic emergency aspic

2 envelopes unflavored gelatin  
 2 cups canned beef consommé  
 2 tablespoons lemon juice  
 ¼ cup sherry  
 ¼ teaspoon salt

Soften gelatin in ½ cup cold water.

Combine consommé and 2 cups cold water in medium-size saucepan; bring to boil. Add gelatin; stir until dissolved. Remove from heat. Add lemon juice, sherry, and salt; stir until well blended. Use as desired for various congealed molds, glazes, or coatings.

## basic simple aspic

**5 cups Basic Beef Stock or Basic Chicken Stock**  
(see Index)

**2 eggshells**

**2 envelopes unflavored gelatin**

**2 tablespoons wine vinegar or lemon juice**

**2 tablespoons sherry**

**1/8 teaspoon thyme**

**1/2 teaspoon parsley flakes**

**5 peppercorns**

**2 egg whites**

**1/2 teaspoon lemon juice**

Measure 5 cups stock into large saucepan. To clarify stock, pull away inner skins from eggshells; wash eggshells and crush into stock. Sprinkle gelatin over stock. Stir in vinegar, sherry, thyme, parsley, peppercorns, and egg whites. Cook, stirring constantly, over moderate heat until gelatin dissolves. Beat with rotary beater, over moderate heat, about 4 minutes, until thick foam forms on top. Foam must be thick and high. Remove beater; bring mixture to boil without stirring. Reduce heat to low; simmer 10 minutes. Remove from heat; let stand 3 minutes. Place piece of wet muslin in large sieve. Pour stock mixture slowly and steadily through muslin; let drain well. Add lemon juice. Use as desired for various congealed molds, glazes, or coatings.

## beet-salad mold

**1 large can julienne beets, drained**

**2 packages lemon-flavored gelatin**

**1 1/2 tablespoons grated onion**

**1/2 cup stuffed green olives, chopped**

**1 1/2 tablespoons lemon juice or wine vinegar**

**2 tablespoons horseradish**

Add enough water to juice from beets to make 2 cups liquid. Heat and dissolve gelatin in it; let cool. When just beginning to firm, add other ingredients. Beets can be chopped or left in long strips. Pour into oiled melon mold; chill until firm. Yield 6 to 8 servings.

## carrot carousel

**1 1/2 cups cold orange juice**

**2 envelopes unflavored gelatin**

**1/2 cup boiling orange juice**

**1/4 teaspoon salt**

**1 cup mayonnaise**

**1 1/2 cups cubed carrots**

**1 (13 1/2-ounce) can crushed pineapple**

Pour 1/2 cup cold orange juice into blender container; sprinkle gelatin over. Let stand 5 minutes;



*carrot carousel*

add boiling orange juice. Process at low speed until gelatin is dissolved; use rubber spatula to push gelatin granules into mixture. Add remaining cold orange juice, salt, and mayonnaise; blend well. Add carrots; cover. Process at high speed until carrots are finely grated; stir in undrained pineapple. Pour into 6-cup mold; chill until firm. Unmold onto serving plate. Yield 8 servings.

## caviar shrimp en gelée

*aspic jelly*

**4 envelopes unflavored gelatin**

**9 cups cold water**

**3 carrots, cut up**

**4 stalks celery, cut up**

**2 onions, cut up**

**6 sprigs parsley**

**4 cloves**

**2 bay leaves**

**4 bouillon cubes**

**4 tablespoons sherry**

**Juice of 2 lemons**

**Salt**

**White pepper**

**3 pounds boiled shrimp**

**3 jars caviar**

**Sliced olives**

Soak gelatin in 1 cup cold water.

Simmer vegetables, cloves, and bay leaves in remaining water 25 minutes. Strain; discard vegetables; retain liquid. Dissolve gelatin and bouillon cubes in hot liquid. Add sherry and lemon juice; season to taste. Put thin layer of aspic in large oiled mold. When almost firm, insert olive slices and some shrimp, cut in half down backs. Allow to congeal completely. Add caviar and rest of shrimp, cut in half or quarters if large or left whole if small. Fill ring; let chill until firm. Serve with thousand-island dressing or Russian dressing (see Index). This makes 1 very large ring mold or 2 small ring molds. Yield 12 to 15 servings.

*Note: Recipe can be cut in half. Seafood can be omitted, or lobster can be substituted for some or all of shrimp.*



## cheese mousse

**¾ cup milk**  
**2 medium eggs, separated**  
**5 ounces Parmesan cheese, finely grated**  
**⅓ cup cottage cheese**  
**Grated rind and juice of 1 medium lemon**  
**½ cup whipping cream, stiffly beaten**  
**1 envelope unflavored gelatin**  
**⅓ cup water**  
**¼ teaspoon salt**  
**⅛ teaspoon white pepper**  
**Generous dash of nutmeg**  
**Dash of paprika**  
**2 drops of hot sauce**

Heat milk to lukewarm.

Blend egg yolks slightly in mixing bowl with electric mixer. Pour milk gradually into yolks, beating at low speed until blended. Stir in Parmesan and cottage cheese; blend well. Stir in lemon juice and rind. Fold in whipped cream.

Soften gelatin in water; dissolve over low heat. Pour into cream mixture gradually; stir until blended.

Beat egg whites until stiff; fold into gelatin mixture. Add seasonings. Turn into oiled 1-quart ring

mold; chill until set. Unmold on platter; garnish with pretzels or crackers. Yield 4 to 6 servings.

## cheese and bacon mousse

**1 envelope unflavored gelatin**  
**4 tablespoons water**  
**2 tablespoons margarine**  
**2 tablespoons flour**  
**1 cup milk**  
**½ teaspoon salt**  
**¼ teaspoon cayenne pepper**  
**¼ teaspoon prepared mustard**  
**Few drops of Worcestershire sauce**  
**¾ cup grated cheese**  
**4 ounces bacon, broiled (or fried), chopped**  
**½ cup cream cheese**  
**2 eggs, separated**  
**2 tablespoons milk**

Soften gelatin in water; dissolve over hot water.

Heat butter. Stir in flour; cook 1 minute. Add 1 cup milk; whisk until smooth and thick. Add seasonings, Worcestershire sauce, grated cheese, bacon, and dissolved gelatin.

Mix cream cheese with egg yolks and 1 table-



cheese mousse

## SALADS • MOLDS

spoon milk; stir into sauce mixture. Beat together until smooth.

Beat egg whites until stiff; fold in lightly. Pour into loaf pan or ring mold; refrigerate until set. Turn out; serve with salad. Yield 6 to 8 servings.

### cherry cottage-cheese molds

- 1 package cherry-flavored gelatin
- 1 cup boiling water
- 1 cup creamed cottage cheese
- 1 cup crushed canned pineapple
- ¼ cup coarsely chopped nuts
- 6 lettuce leaves

Dissolve gelatin in boiling water. Measure 2 teaspoons into each of 6 individual molds; chill until set. Chill remaining gelatin mixture until thick but not set. Stir in cottage cheese, pineapple, and nuts. Pour into molds; chill until firm. Unmold on lettuce. Yield 6 servings.

*Note: This recipe can be made in 1-quart mold. Use ¼ cup clear gelatin mixture in bottom of mold.*

### chicken salad mold

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 1 cup hot chicken stock
- 2 tablespoons chopped red pepper
- 2 tablespoons chopped green pepper

*chicken salad mold*

- 2 cups diced cooked chicken
- 1 tablespoon finely chopped onion
- 1 cup chopped celery
- 1 cup cooked rice
- ½ teaspoon salt
- ¼ cup French dressing
- ⅛ teaspoon paprika
- ½ cup mayonnaise

#### Lettuce

Combine gelatin and cold water; leave about 10 minutes to soften. Add chicken stock; stir until gelatin has melted.

Rinse mold with cold water; put in red and green peppers. Cover with 2 tablespoons melted gelatin; refrigerate until set.

Mix all ingredients except lettuce; add remaining gelatin.

When gelatin in mold is quite firm, spoon chicken mixture on top; leave until set. Unmold; serve on bed of lettuce. Fill center with mayonnaise. Yield 5 or 6 servings.

### cola salad

- 1 large can bing cherries, pitted
- 1 large can crushed pineapple
- 1 package cherry-flavored gelatin
- 1 package strawberry-flavored gelatin
- 1 (8-ounce) package cream cheese
- 1 cup chopped walnuts
- 2 cups cola





Drain juice from cherries and pineapple; heat. Dissolve gelatins; let cool.

Mix pineapple, cheese, nuts, and cherries with gelatin mixture. Add cola last; blend. Pour into mold; chill until firm. Yield 8 servings.

## crab louis mold garni

2 envelopes unflavored gelatin

1 cup water

$\frac{2}{3}$  cup chili sauce

$\frac{1}{2}$  cup sparkling rosé wine

$\frac{1}{2}$  cup sour cream

$\frac{1}{2}$  cup homemade or unsalted mayonnaise

$\frac{1}{2}$  cup tomato juice

1 tablespoon instant minced onion

1 tablespoon lemon juice

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup pitted ripe olives

1  $\frac{1}{2}$  cups crab meat, fresh or frozen

Salad greens

Hard-boiled eggs, quartered

Tomatoes, quartered

Soften gelatin in  $\frac{1}{2}$  cup cold water.

Heat  $\frac{1}{4}$  cup water with chili sauce. Dissolve gelatin in hot mixture. Add wine, sour cream, mayonnaise, tomato juice, onion, lemon juice, and salt. Chill until partially set. Wedge olives; fold with crab meat into mixture. Turn into oiled 6-cup mold; chill until firm. Unmold on salad greens. Garnish with quartered eggs and tomatoes. Serve with dressing made of 1 cup mayonnaise and  $\frac{1}{4}$  cup chili sauce. Yield 8 servings.

## crab ring

3 envelopes unflavored gelatin

$\frac{1}{4}$  cup cold water

1 pint tomato juice

3 (3-ounce) packages cream cheese

1 tablespoon grated onion

1 cup finely chopped celery

4 cups crab meat

1 teaspoon salt

Few grains of cayenne

Soak gelatin in cold water.

Bring tomato juice to boil; dissolve gelatin in it. Mix with ricd cheese. Combine cheese mixture with remaining ingredients; pour into oiled ring mold. Chill until firm. Serve with thousand island dressing. Yield 8 servings.

## cranberry salad

1 package lemon-flavored gelatin

1 cup hot water

1 orange, peeled, quartered

1  $\frac{1}{2}$  cups fresh cranberries

1 apple, cored, sliced

1 cup sugar

$\frac{1}{4}$  teaspoon salt

$\frac{1}{2}$  cup pecans

Dissolve gelatin in hot water; chill until partially set. Pour into blender. Gradually add orange, cranberries, apple, sugar, and salt, blending until fruits are finely chopped. Add nuts; blend just until chopped. Turn into 1-quart mold; chill firm. Turn onto lettuce-lined serving plate. Serve with mayonnaise. Yield 5 or 6 servings.

## creamy golden waldorf

1 (6-ounce) package lemon-flavored gelatin

$\frac{1}{4}$  teaspoon salt

$\frac{2}{3}$  cup hot water

Lemon juice

3 medium golden Delicious apples

$\frac{1}{2}$  cup mayonnaise

1 cup heavy cream, whipped

1 cup finely chopped celery

1 cup finely chopped walnuts

Salad greens

Dissolve gelatin and salt in hot water in bowl; stir in 2 tablespoons lemon juice. Chill until thickened.

Partially pare 2 apples; core; dice. Skin will add color to salad. Core remaining apple; cut into thin slices. Sprinkle diced and sliced apples with lemon juice to prevent discoloration. Arrange apple slices, skin-side-down, around bottom of 8-cup mold.

Blend mayonnaise into thickened gelatin; fold in whipped cream. Gently fold in diced apples, celery, and walnuts; spoon carefully over apple slices. Chill until firm. Unmold onto salad platter; garnish with salad greens. Yield 6 to 8 servings.

## cucumber salad

2 cups grated cucumber

2 envelopes unflavored gelatin

$2\frac{1}{2}$  teaspoons salt

$\frac{1}{4}$  teaspoon pepper

2 tablespoons minced onion or chives

3 cups cream-style cottage cheese

$\frac{1}{4}$  teaspoon paprika

Drain cucumber thoroughly; measure juice. Add enough water to make 1 cup liquid. Soften gelatin in liquid; dissolve over boiling water. Add seasonings and onion. Stir in cucumber and cheese. Pour into individual molds or 1 large mold; chill until firm. Yield 8 servings.

## egg salad mold

3 envelopes unflavored gelatin

$\frac{3}{4}$  cup cold water

3 cups boiling water



*creamy golden waldorf*

*egg salad mold*



**2 tablespoons sugar**  
 **$\frac{3}{4}$  cup lemon juice**  
**6 hard-boiled eggs**  
 **$\frac{1}{2}$  cup mayonnaise**  
 **$\frac{1}{4}$  cup chopped parsley**  
 **$\frac{1}{2}$  cup chopped celery**  
 **$\frac{1}{2}$  cup chopped green olives**  
**Salt and white pepper to taste**

Sprinkle gelatin over cold water in bowl. Add boiling water, sugar, and lemon juice; stir until gelatin and sugar are dissolved.

Cut eggs in half; remove yolks. Mash yolks in small bowl; mix with  $\frac{1}{3}$  of gelatin mixture. Stir in mayonnaise; pour into decorative nonmetal mold. Chill until firm; sprinkle with parsley.

Chill remaining gelatin until thickened.

Chop egg whites; add to gelatin. Add celery, olives, salt, and pepper; stir until well mixed. Spoon over parsley in mold; chill until firm. Un-mold onto serving plate; garnish with hard-boiled egg slices and parsley sprigs. Top can be garnished with green peas and mushrooms, if desired. Yield 6 servings.





*fish mousse*

## fish mousse

2½ to 3 pounds fillets of fish (haddock, flounder, cod, etc.)  
2 slices lemon  
2 slices onion  
1 teaspoon salt

¼ teaspoon pepper  
2 cups mayonnaise  
4 tablespoons lemon juice  
2 tablespoons wine or tarragon vinegar  
1 tablespoon grated onion  
1 teaspoon curry powder  
1 teaspoon Worcestershire sauce  
⅛ teaspoon hot pepper sauce  
2 tablespoons finely chopped parsley  
2 envelopes unflavored gelatin

Put fish into pan with 1½ cups water, lemon and onion slices, salt and pepper; poach 5 to 10 minutes, until barely cooked. Drain; reserve stock. Remove skin from fish; flake finely.

Mix ½ cup fish stock with mayonnaise. Add lemon juice, vinegar, grated onion, curry powder, Worcestershire sauce, hot pepper sauce, and parsley. Add fish; adjust seasoning to taste. Beat until thoroughly mixed.

Soften gelatin in a little cold water; dissolve over hot water. Stir into fish mixture; pour into large mold or individual molds. Refrigerate until firm. Turn out onto bed of salad greens; decorate as desired. Yield 6 servings.

## frozen fruit salad

1 (3-ounce) package cream cheese  
3 tablespoons mayonnaise  
Pinch of salt  
1 cup whipped cream  
¼ cup chopped dates (seeded)  
¼ cup maraschino cherries

*frozen fruit salad*

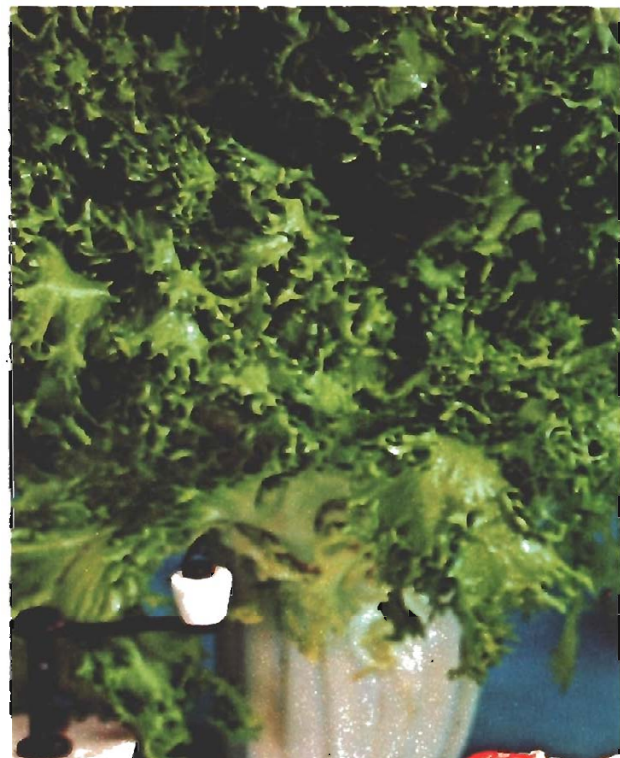




## SALADS • MOLDS

- ¼ cup crushed pineapple**
- ¼ cup chopped kumquats (seeded)**
- 1 tablespoon finely chopped preserved ginger**
- ½ cup chopped blanched almonds**
- Lettuce (optional)**

Blend cheese and mayonnaise; add salt. Fold in whipped cream, fruits, and ginger; pour into refrigerator trays. Sprinkle with almonds; freeze until firm. Cut into squares; serve on lettuce. Yield 6 to 8 servings.



### fruit and crab salad

- 1 (6-ounce) package lemon-flavored gelatin**
- ½ teaspoon crushed rosemary**
- 1 cup fresh orange sections**
- 1 cup fresh grapefruit sections**
- 1 pound fresh crab meat or 2 (6-ounce) packages frozen Alaskan King crab, thawed**
- ½ cup chopped onion**
- 1 tablespoon chopped fresh parsley**
- 3 drops of hot sauce**
- ⅓ cup mayonnaise**
- 1 teaspoon prepared mustard**
- ¾ cup sliced celery**

Dissolve gelatin in 2 cups boiling water. Add 2 cups cold water; chill until partially set. Fold in rosemary and orange and grapefruit sections; spoon into 1½-quart ring mold. Chill until firm.

Drain crab; cut into large pieces. Place in medium-size bowl.

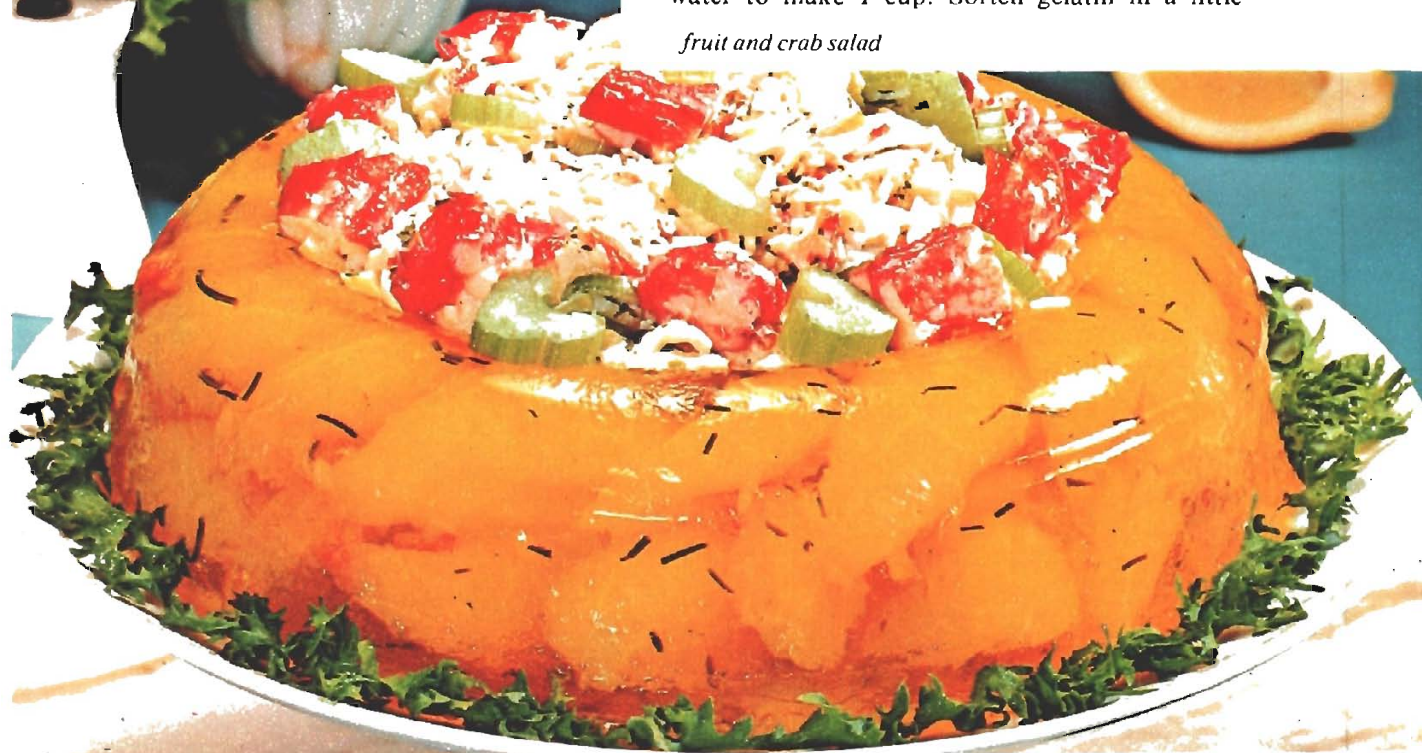
Mix onion with parsley, hot sauce, mayonnaise, mustard, and celery. Pour over crab; toss until mixed; chill. Unmold gelatin onto large serving plate; fill center with crab mixture. Garnish with salad greens; serve immediately. Yield 6 servings.

### grapefruit salad mold

- 1 can (about 16-ounces) grapefruit**
- 2 envelopes unflavored gelatin**
- 2 tablespoons lemon juice**
- 1 dessert apple, peeled, cored, chopped**
- 2 or 3 stalks celery, chopped**
- Lettuce**

Drain syrup from grapefruit; add sufficient water to make 1 cup. Soften gelatin in a little

*fruit and crab salad*







*grapefruit salad mold*

syrup 5 to 10 minutes. Stir over hot water until melted. Add rest of syrup and lemon juice; leave in cold place until it begins to thicken. Stir in grapefruit, apple, and celery. Pour into prepared mold or individual molds; refrigerate until set. Serve on bed of lettuce. Yield 4 servings.

## ham mousse

1 envelope unflavored gelatin  
2 tablespoons cold water  
¼ cup white-wine vinegar  
2 cups finely cubed cooked ham  
1 cup finely diced celery  
1 tablespoon sugar  
1 tablespoon pickle relish  
1 teaspoon prepared mustard  
½ cup whipped cream  
Lettuce  
Stuffed olives

### *horseradish cream*

3 teaspoons well-drained horseradish

½ teaspoon salt

¾ cup whipped cream

Soften gelatin in cold water about 5 minutes. Add vinegar; heat over hot water until dissolved.

Combine ham, celery, sugar, pickle relish, and mustard. Stir in melted gelatin and whipped cream; check seasoning. Pour into mold rinsed in cold water; chill until set. Unmold onto bed of lettuce; garnish with olive slices.

Fold horseradish and salt into whipped cream. Serve separately. Yield 4 or 5 servings.

## plantation fish in aspic

2 pounds grouper or other fish fillets, fresh or frozen

2 cups boiling water

1 cup dry white wine

1 medium onion, quartered

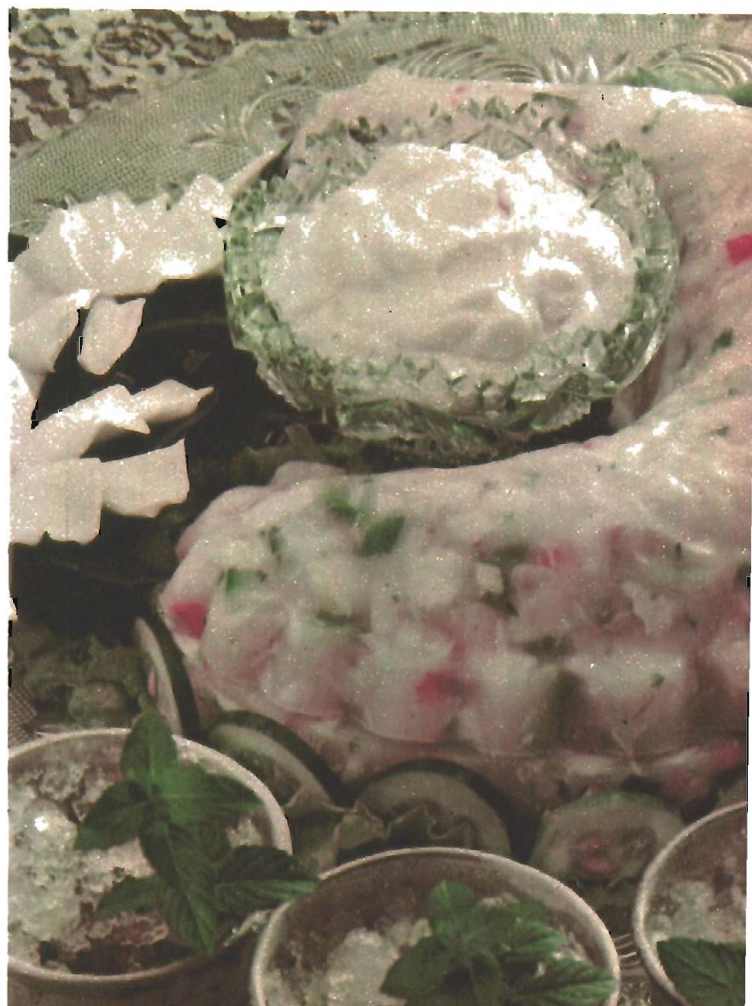
1 stick celery, quartered

2 bay leaves

1½ teaspoons salt

¼ teaspoon crushed dried thyme leaves

*plantation fish in aspic*



## SALADS • MOLDS

1 lemon  
½ cup cold water  
2 envelopes unflavored gelatin  
¼ cup tarragon vinegar  
2 tablespoons lemon juice  
1 teaspoon dry mustard  
¼ cup chopped celery  
¼ cup chopped green onion  
¼ cup chopped green pepper  
2 tablespoons chopped pimiento  
2 tablespoons chopped parsley  
Salad greens  
Mayonnaise

Thaw fish if frozen. Place in well-greased 10-inch frypan. Add boiling water, wine, onion, celery, bay leaves, salt, and thyme.

Cut lemon in half; squeeze in juice; drop in halves. Cover; simmer 5 to 10 minutes or until fish flakes easily. Remove fish; set aside to cool. Strain poaching liquid.

Place cold water in 4 cup measure; stir in gelatin to soften. Add hot poaching liquid; stir to dissolve gelatin. Add vinegar, lemon juice, and enough water to make 4 cups liquid.

Make a paste of dry mustard with small amount of liquid; stir into remaining liquid. Chill to unbeaten egg-white consistency.

Remove skin and bones from fish; flake into small pieces. Mix together fish, celery, green onion, green pepper, pimiento, and parsley. Fold together fish mixture and gelatin. Turn into lightly oiled loaf pan, 9 × 5 × 3 inches, or 7-cup fish mold. Chill until firm. Unmold onto serving dish lined with salad greens. Serve with mayonnaise. Yield 6 servings.

### ruby-red salad mold

2 cups cranberry juice  
2 packages raspberry-flavored gelatin  
1 cup pineapple tidbits  
½ cup port wine  
½ cup water  
1 avocado, peeled, sliced  
1 cup peeled, diced apple  
½ cup finely chopped celery

Heat cranberry juice to boiling. Add gelatin; stir until dissolved. Add undrained pineapple tidbits, wine, and water.

Arrange avocado in bottom of 5-cup mold. Pour enough gelatin mixture over to cover slices; chill until almost set.

Chill remaining cranberry mixture until partially set. Fold in apple and celery. Pour over avocado layer; chill until firm. Yield 8 to 10 servings.

### russian salad

⅔ cup diced cooked potatoes  
⅔ cup diced cooked carrots  
⅔ cup cooked green peas  
⅔ cup diced cooked turnips  
⅔ cup cooked French-style green beans  
1 cup mayonnaise  
2 tablespoons strained lemon juice  
2 tablespoons strained orange juice  
¼ cup cold water  
1 envelope unflavored gelatin

Combine potatoes, carrots, peas, turnips, and beans in medium-size bowl. Add mayonnaise; toss to coat vegetables well.

Combine juices and water in small saucepan; add gelatin. Stir over hot water until dissolved. Add to vegetable mixture; stir until thoroughly mixed. Pour into oiled ring mold.; chill until firm. Unmold onto serving platter; fill center with diced, cooked vegetables, if desired. Garnish with additional green peas. Yield 6 to 8 servings.

### salmon mousse

2 pounds fresh salmon, cooked, finely flaked  
1 tablespoon salt  
3 tablespoons sugar  
2 rounded teaspoons dry mustard  
½ cup scalded milk  
3 tablespoons melted butter  
4 egg yolks, beaten  
½ cup hot vinegar  
1½ envelopes unflavored gelatin

Prepare fish.

Mix dry ingredients in double boiler. Add hot milk slowly; mix thoroughly. Add butter, egg yolks, beaten with 2 tablespoons cold water, and vinegar; stir continuously. Add gelatin dissolved in 2 tablespoons cold water; cool to lukewarm. Pour over fish. Place in large mold; refrigerate until set. Yield 12 servings.

### shrimp-cocktail aspic

2 envelopes unflavored gelatin  
½ cup cold water  
2 (8-ounce) cans tomato sauce  
¼ cup lemon juice  
2 teaspoons Worcestershire sauce  
½ teaspoon horseradish  
¼ cup catsup  
Dash of Tabasco sauce  
1 teaspoon sugar  
½ teaspoon salt  
1¼ cups boiling water  
½ cup finely chopped celery  
3 tablespoons finely chopped onion  
2 (4½-ounce) cans shrimp, rinsed, drained





*russian salad*

Soften gelatin in cold water. Add tomato sauce, lemon juice, Worcestershire, horseradish, catsup, Tabasco, sugar, and salt; mix well. Chill until thick but not set. Fold in rest of ingredients. Pour into 1½-quart mold; chill until set. Yield 6 to 8 servings.

## spinach blue-cheese mold

2 envelopes unflavored gelatin  
 ½ cup cold water  
 1 (13¼-ounce) can beef broth, heated to boiling  
 ½ cup chunky blue-cheese dressing  
 1 small onion, quartered  
 ¼ teaspoon salt  
 2 tablespoons lemon juice  
 1 (10-ounce) package frozen chopped spinach, thawed, drained  
 1 cup finely chopped, seeded, pared cucumber  
 ½ cup chopped celery

Sprinkle gelatin over cold water in blender container.

Heat beef broth to boiling in small saucepan; add to gelatin. Cover; process at low speed until gelatin dissolves. Add dressing and onion; cover.

Process until smooth. Add salt, lemon juice, and spinach; cover. Process just until smooth. Turn into bowl; chill, stirring occasionally, until mixture mounds slightly when dropped from spoon. Fold in cucumber and celery. Turn into 4-cup mold; chill until set. To serve, unmold; garnish with tomatoes and parsley or tiny spinach leaves. Yield 6 to 8 servings.

## strawberry mold

3 packages strawberry-flavored gelatin  
 2 packages frozen strawberries  
 1 small carton cottage cheese  
 ½ pint heavy cream, whipped  
 ½ cup chopped nuts

Dissolve gelatin in 2 cups boiling water. Drain and add juice from strawberries; add enough water to equal 3 cups liquid. Refrigerate until partially set. Beat in strawberries and cottage cheese; fold in whipped cream. Can be poured into mold and served plain or slices of banana, whole strawberries, and marshmallows can be arranged on bottom of mold before pouring in gelatin mixture. Yield 12 to 16 servings.





*strawberry yogurt ring mold*

## strawberry mousse

1 quart strawberries, washed, hulled  
 ¾ cup sugar  
 ½ cup white wine  
 ½ cup cold water  
 ½ cup boiling water  
 2 cups heavy cream, whipped  
 2 envelopes unflavored gelatin

Reserve several berries for garnish. Press remaining berries through fine sieve or use blender. Add sugar and wine; stir well; chill.

Soften gelatin in cold water. Add boiling water; stir to dissolve; cool. Combine gelatin and strawberry mixture; beat until fluffy and slightly thickened. Fold in whipped cream. Pour into oiled 2-quart mold. Chill at least 3 hours. Yield 8 servings.

## strawberry yogurt ring mold

2 (3-ounce) packages strawberry gelatin dessert mix



*tomato aspic*

2 cups boiling water  
 2 cups plain yogurt  
 Grated rind of 1 lemon  
 1 cup heavy cream, sweetened, whipped (garnish)  
 Whole fresh strawberries (garnish)

Dissolve gelatin in boiling water; cool. Stir in yogurt and lemon rind. Pour into 8-cup ring mold; chill until firm. Unmold onto large serving dish. Garnish with whipped cream and fresh strawberries; serve at once. Yield 6 to 8 servings.

## tomato aspic

3½ cups tomato juice  
 2 envelopes unflavored gelatin  
 2 tablespoons celery seed  
 1 teaspoon salt  
 1 teaspoon sugar  
 2 tablespoons Worcestershire sauce  
 ¼ teaspoon hot sauce  
 ¼ cup lemon juice

Pour 1 cup tomato juice into small saucepan. Sprinkle gelatin on tomato juice; let stand 5 minutes to soften. Add celery seed; place saucepan over low heat. Stir until gelatin is dissolved; remove from heat. Strain liquid through fine sieve into small bowl. Stir in remaining tomato juice and other ingredients; pour into lightly oiled 1½-quart mold. Chill until firm. Unmold onto serving plate. Yield 6 to 8 servings.

## tomato jellied pasta ring

4 cups tomato juice  
 2 teaspoons salt  
 ¼ teaspoon freshly ground black pepper  
 ¼ teaspoon finely chopped basil  
 1 onion, peeled, finely chopped  
 2 envelopes unflavored gelatin



**¼ cup cold water**  
**2 teaspoons prepared horseradish**  
**2 tablespoons sugar**  
**2 tablespoons lemon juice**

**¼ pound elbow macaroni (or noodles), cooked**  
 Put tomato juice, seasoning, basil, and onion into skillet; heat to boiling. Simmer 10 minutes; strain.

Soak gelatin in cold water 5 minutes. Add to hot tomato juice; stir until dissolved. Add horseradish, sugar, and lemon juice; adjust seasoning. Set aside to chill until mixture begins to thicken. Stir in cooked macaroni. Pour into lightly oiled 9-inch ring mold; chill until set. Unmold onto serving platter; garnish with fresh tomato slices and black olives. Fill center with meat, poultry, or fish mayonnaise. Yield 4 to 6 servings.

*tomato jellied pasta ring*



## tuna salad mold

**1 envelope unflavored gelatin**

**¼ cup cold water**

**¾ cup hot water**

**2 tablespoons lemon juice**

**1 teaspoon prepared mustard**

**¼ teaspoon paprika**

**Salt to taste**

**2 (6½- or 7-ounce) cans tuna fish**

**1 cup chopped celery**

**½ cup whipped cream**

**Lettuce**

*dressing*

**½ cup mayonnaise**

**¼ cup finely diced cucumber**

**1 tablespoon chopped green pepper**

**1 teaspoon tarragon vinegar**

**Dash of cayenne pepper**

Soften gelatin in cold water 5 to 10 minutes. Add hot water; stir until gelatin has melted. Add lemon juice, mustard, paprika and salt; set aside to chill until partially set. Add drained and flaked tuna and celery; fold in whipped cream. Spoon into individual molds; chill until set. Turn out on-to bed of lettuce. Combine all dressing ingredients. Serve separately. Yield 5 or 6 servings.

## turkey and grape aspic

**1½ envelopes unflavored gelatin**

**2¾ cups clear, well-flavored turkey stock**

**4 tablespoons white wine**

**1 pound white grapes (or ½ pound and 1 can mandarin oranges)**

**Juice of ½ lemon**

**1 to 1½ pounds turkey meat**

**Few tarragon leaves**

**Lettuce and watercress**

Make aspic. Melt gelatin in ¾ cup hot turkey stock. When melted, add wine and 2 cups stock; let cool thoroughly.

Meanwhile, dip grapes into boiling water 10 seconds, then into cold. Remove skins and seeds; put into bowl with a little lemon juice to prevent browning.

Cut turkey meat into neat small slices and cubes.

Pour layer of aspic into round mold. Arrange decorative pattern of grapes with tarragon leaves; leave in refrigerator to set. Pour over another layer of aspic. Put in layer of turkey; repeat. Layer grapes, meat, and aspic until all used; allow enough aspic to cover top completely. Put in refrigerator; leave until set. Dip in bowl of hot water to loosen jelly; turn onto lettuce-and watercress-lined plate.

Canned mandarin oranges can be added or used in place of grapes. Yield 4 to 6 servings.



*veal loaf mold*

## veal loaf mold

- 1 pound lean veal**
- ¼ pound bacon**
- 2 hard-boiled eggs, sliced**
- 1 tablespoon chopped parsley**
- 2 cups well-flavored chicken or veal stock**
- 1 envelope unflavored gelatin**

Cut veal into small strips; dice bacon. Bring to boil; drain. Rinse with cold water.

Arrange meat and eggs in layers in loaf pan or ring mold. Sprinkle each layer with parsley, salt, and pepper. Pour 1½ cups stock over meat; cover with foil. Cook in preheated 320°F oven about 1½ hours; remove to cool.

Soak gelatin in remaining stock; melt over gentle heat. Pour over meat; put in cool place to set. When cold, put in refrigerator short time or until needed. Turn out jellied veal; decorate with green salad, tomatoes, watercress, and cucumber. Yield 4 to 6 servings.

## POTATO

### hot potato salad

- 3 medium potatoes, boiled in skins**
- 3 slices bacon**
- ¼ cup chopped onion**
- 1 tablespoon flour**
- 2 teaspoons sugar**
- ¾ teaspoon salt**
- ¼ teaspoon celery seed**

- ¼ teaspoon pepper**
- 3/8 cup water**
- 2½ tablespoons vinegar**

Peel potatoes; slice thin.

Sauté bacon slowly in frypan; drain on paper towels.

Sauté onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery seed, and pepper. Cook over low heat, stirring until smooth and bubbly. Remove from heat; stir in water and vinegar. Heat to boiling; stir constantly. Boil 1 minute; carefully stir in potatoes and crumbled bacon bits. Remove from heat; cover. Let stand until ready to serve. Yield 4 servings.



*potato salad 1*



## potato and beet salad

2 fresh beets  
2 medium potatoes  
½ cup chopped green onion  
¼ cup olive oil  
3 tablespoons wine vinegar  
1 teaspoon crumbled dried sweet basil  
½ teaspoon dry mustard  
Salt and pepper  
1 head Boston lettuce, cleaned

Do not remove stalks from beets. Wrap well in aluminum foil.

Wash potatoes; prick with fork.

Preheat oven to 450°F. Bake beets 1 hour. Place potatoes in oven; bake 1 hour. Remove beets and potatoes; let cool. Remove skins from beets and potatoes; cut into ½-inch-thick slices. Combine beets, potatoes, and onion; mix gently.

Combine oil, vinegar, basil, mustard, salt, and pepper; mix well. Pour over beets and potatoes; mix gently. Refrigerate several hours, covered, to mellow flavors. Serve at room temperature in bowl garnished with lettuce. Yield 4 servings.

## potato salad I

6 large potatoes, peeled, quartered  
Boiling water  
½ teaspoon salt  
1 medium onion, minced  
3 tablespoons vinegar  
½ teaspoon prepared mustard  
1 teaspoon sugar  
2 teaspoons dill seed  
Paprika

In medium saucepan cook potatoes in boiling salted water until tender. Drain; reserve ¾ cup potato water. Dice potatoes. Add salt and onion; toss gently.

In small saucepan bring ¾ cup potato water to boil; pour over potatoes and onion. Keep at room temperature 2 to 3 hours. Stir in vinegar, mustard, sugar, and dill seed. (Potato salad will be creamy.) Sprinkle with paprika. Serve at room temperature. Yield 6 servings.

## potato salad II

6 cups diced cooked potatoes  
3 or 4 green onions (scallions), chopped  
4 hard-boiled eggs, chopped  
1 teaspoon celery seed  
1½ teaspoons salt  
¼ teaspoon pepper  
1 teaspoon curry powder  
1 cup sour cream  
½ cup mayonnaise  
2 tablespoons vinegar

### Chopped parsley

Mix potatoes, onions, eggs, and seasoning (except curry powder) together in bowl. Set aside to chill.

Mix curry powder with sour cream. Add mayonnaise and vinegar. When ready to serve, add to potato mixture. Toss together lightly; sprinkle with parsley. Serve cold. Yield 6 to 8 servings.

## POULTRY

### avocado and chicken salad

3 ripe avocado pears  
2 tablespoons orange juice  
1 cup diced cooked chicken  
1 or 2 stalks celery, diced  
3 oranges  
¼ cup mayonnaise  
Pinch of paprika  
Salt to taste  
1 tablespoon chopped pimiento  
Salad greens

Peel avocados; remove stones; scoop out some flesh. Brush avocados with orange juice. Cut scooped-out flesh into small pieces; place in bowl with chicken and celery.

Peel and section 2 oranges; remove seeds and white pith. Cut into small pieces; add to chicken mixture.

Combine mayonnaise with paprika. Add salt; blend with chicken. Fill avocado halves; sprinkle with pimiento. Serve on bed of salad greens; garnish with sections of remaining orange. Yield 6 servings.

### charcuterie salad

6 thin slices cooked chicken  
6 thin slices cooked ham  
6 thin slices mortadella cheese  
Mayonnaise  
Prepared mustard  
¾ cup cooked green peas  
1 tomato, skinned  
Lettuce

Cut circles from chicken, ham, and mortadella with 4-inch fluted cookie cutter. Spread thin layer of mayonnaise over chicken circles; cover with ham circles. Spread thin layer of mustard over ham circles; cover with mortadella circles. Place 2 tablespoons peas in center of each mortadella circle; spoon 1 tablespoon mayonnaise over each mound of peas.

Cut top off tomato; remove seeds and pulp, leaving ½-inch shell. Cut 6 wedges from tomato



*charcuterie salad*

shell to resemble petals; place 1 tomato petal on each salad. Garnish each with lettuce leaf. Place salads in serving dish; place lettuce leaves around salads. Serve with paper-thin cucumber slices and whole-wheat bread. Yield 6 servings.

## chicken nectarine salad

1 cup shredded cooked chicken  
 ¼ cup grated raw zucchini  
 ¼ cup grated raw carrot  
 2 tablespoons finely chopped green onion  
 2 teaspoons tarragon-wine vinegar  
 1 teaspoon salad oil  
 ¼ teaspoon seasoned salt  
 2 fresh nectarines  
 3 to 4 tablespoons mayonnaise  
**Crisp lettuce**

Toss chicken, vegetables, vinegar, oil, and salt together; chill.

When ready to serve, halve nectarines; remove pit; cut into thin slices. Add with mayonnaise to vegetable mixture. Spoon into lettuce cups. Yield 4 servings.

## chicken salad

¼ pound mushrooms  
 ½ cup French dressing  
 1 large iceberg lettuce  
 1½ cups diced cooked chicken  
 1 can artichoke hearts, drained, cut in halves  
 1 small red pepper, seeded, cut into strips  
 ½ pound cooked green beans, sliced  
**Salt and pepper**  
 1 cup halved, seeded grapes  
 ¼ cup toasted flaked almonds

Wash and slice mushrooms; place in shallow bowl. Pour French dressing over; set aside 1 hour,



stirring occasionally.

Wash lettuce; discard outer leaves. Line deep salad bowl or large platter.

Combine chicken, artichokes, red pepper, and beans. Add mushrooms and dressing; season to taste. Toss lightly together; refrigerate until ready to serve. Spoon chicken mixture over lettuce. Sprinkle with grapes and almonds. Yield 5 or 6 servings.

## chicken salad with bacon

1 small head iceberg lettuce  
 1 small red sweet pepper, cut into strips  
 1 cucumber, thickly sliced  
 1 cup small whole mushrooms  
 2 cups coarsely chopped chicken  
 2 hard-boiled eggs, quartered  
 4 slices crisp-fried bacon, halved  
 2 tablespoons wine vinegar  
 6 tablespoons salad oil  
**Salt to taste**  
 ¼ cup mashed Roquefort cheese

Tear lettuce into large pieces; place in salad





*chicken salad with bacon*

bowl. Add pepper, cucumber, mushrooms, and chicken; toss lightly. Top with eggs and bacon.

Combine vinegar, oil, salt, and cheese; blend thoroughly. Serve with salad. Yield 4 servings.

*chicken salad with litchis*

## chicken salad with litchis

3 cups cooked diced chicken  
2 or 3 stalks celery, chopped  
1 green pepper, chopped  
Salt and pepper  
 $\frac{3}{4}$  cup French dressing (see Index)  
Salad greens  
1 can litchis  
1 small can mandarin oranges

### *curry salad dressing*

$\frac{3}{4}$  cup mayonnaise  
 $\frac{1}{4}$  cup sour cream  
2 teaspoons curry powder  
2 tablespoons grated onion  
2 tablespoons chopped parsley

Combine chicken, celery, and green pepper. Add salt, pepper, and French dressing; toss lightly. Chill about  $\frac{1}{2}$  hour.

Arrange salad greens around large platter; pile chicken mixture in center.

Drain litchis and oranges. Place orange segment in each litchi; arrange around edge or down center.

Blend all dressing ingredients together; chill well. Serve dressing separately. Yield 5 to 6 servings.







*chicken-stuffed apples*

## chicken-stuffed apples

**½ cup heavy cream, lightly beaten**  
**1¼ cups mayonnaise**  
**Salt and pepper to taste**  
**2 cups finely diced cooked white chicken meat**  
**½ cup drained pineapple chunks**  
**1 cup peeled, seeded grapes**  
**2 stalks celery, chopped**  
**4 large apples**  
**1 teaspoon grated lemon rind**  
**2 tablespoons slivered almonds, lightly browned**  
 Add cream to mayonnaise; season.  
 Mix chicken with pineapple, grapes, and celery; mix with mayonnaise.  
 Polish apples; cut off top quarter of each. Scoop out flesh with grapefruit knife or spoon; remove cores. Dice remaining apple; add to mayonnaise.  
 Fill apples with chicken mayonnaise. Sprinkle tops with lemon rind and almonds. Yield 4 servings.

## curried chicken salad

**3 tablespoons instant minced onion**  
**3 tablespoons water**  
**2 tablespoons butter**  
**1¼ teaspoons curry powder**  
**⅓ cup mayonnaise**  
**1 tablespoon lemon juice**  
**½ teaspoon salt**  
**Dash of cayenne pepper**  
**3 cups diced cooked chicken**  
**1 (1-pound, 4-ounce) can pineapple chunks,**

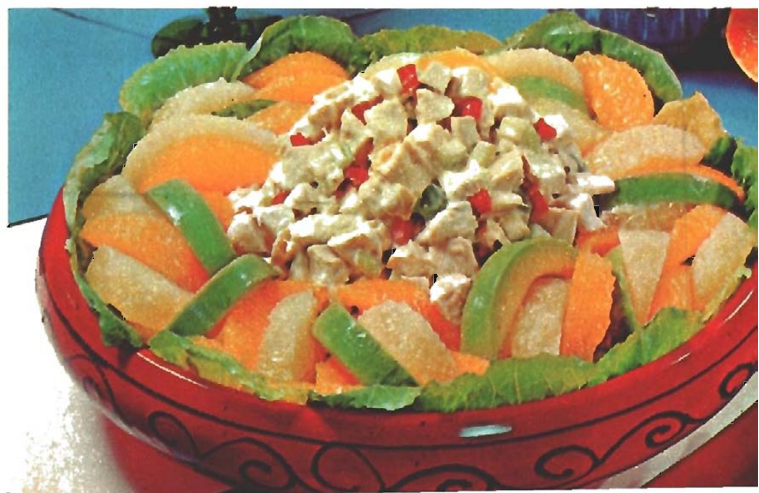
**drained**  
**½ cup coarsely chopped nuts**  
**⅓ cup golden raisins**  
**1 red apple, cored, diced**  
**Lettuce**  
**2 tablespoons shredded coconut**

Combine onion and water in small bowl; let stand 10 minutes.

Melt butter in small skillet over medium heat; stir in onion and curry powder. Sauté, stirring constantly, 3 to 5 minutes; cool. Combine curry mixture with mayonnaise, lemon juice, salt, and cayenne; blend thoroughly.

Combine chicken, pineapple, nuts, raisins, and apple in large bowl. Add curry dressing; toss gently until mixed. Line salad bowl with lettuce. Add salad; sprinkle with coconut. Yield 6 servings.

*sorrento salad*







*curried chicken salad*

## **sorrento salad**

3 cups diced cooked chicken  
 1 cup chopped celery  
 ¼ cup chopped red sweet pepper (optional)  
 ½ teaspoon salt  
 ½ teaspoon pepper  
 ⅔ cup blue-cheese dressing  
 2 cups orange sections  
 2 cups grapefruit sections  
 ½ cup diced avocado  
 1 avocado, cut into wedges  
 Orange or grapefruit juice  
 Salad greens

*turkey, celery, grape, and nut salad*

Combine chicken, celery, and red pepper in bowl; sprinkle with salt and pepper. Add blue-cheese dressing; toss to mix well. Chill thoroughly.

Dice enough orange and grapefruit sections to make ½ cup each; add to chicken mixture.

Coat diced avocado and avocado wedges with orange juice. Add diced avocado to chicken mixture.

Line large salad bowl with salad greens; spoon salad into bowl. Arrange remaining orange and grapefruit sections and avocado wedges around salad. Serve with additional blue-cheese dressing. Yield 6 servings.

## **turkey, celery, grape, and nut salad**

2 cups chopped turkey  
 ½ cup grapes  
 ½ cup sliced celery  
 3 to 4 tablespoons almonds  
 Juice of ½ lemon  
 Grated rind of ½ orange  
 1 cup mayonnaise  
 Lettuce or endive leaves



## SALADS • RICE

Chop turkey into medium-size pieces. Dip grapes into boiling, then cold, water; peel. Slice celery. Dip almonds in boiling water; remove skins. Brown halved nuts in moderate oven 2 minutes.

Add lemon juice and orange rind to mayonnaise. Mix turkey and other ingredients into mayonnaise. Arrange on lettuce. Yield 4 servings.

## RICE

### fruited rice salads

2 tablespoons butter  
½ cup diced celery  
¼ cup minced onion  
2 teaspoons grated orange rind  
1 cup orange juice  
1 cup water  
½ teaspoon poultry seasoning  
1 cup long-grain rice  
⅓ cup golden raisins  
6 orange shells

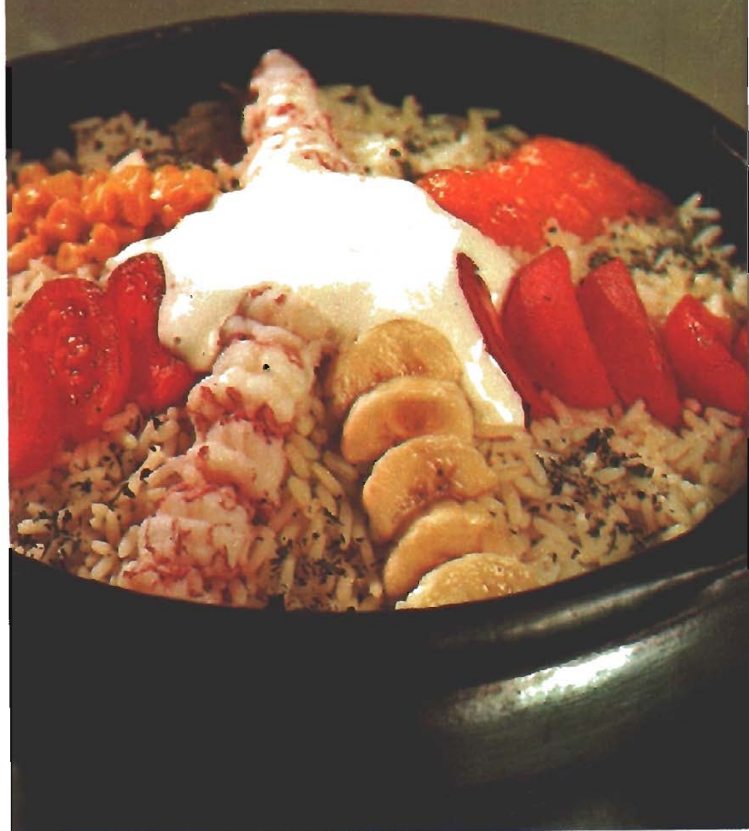
*fruited rice salads*



Heat butter in medium-size saucepan; sauté celery and onion until tender. Stir in orange rind, juice, water, seasoning, rice, and raisins. Bring to boil; stir well. Reduce heat; cover. Simmer until liquid is absorbed and rice tender, about 30 minutes. Remove from heat. When cool, refrigerate several hours. Serve in orange shells. Yield 6 servings.

### rice salad

2 bananas, sliced  
2 tablespoons lemon juice  
8 ounces long-grain rice, cooked according to



*rice salad*

package directions, chilled  
4 small tomatoes, cut into wedges  
½ cup drained canned mandarin-orange sections  
½ cup cold cooked or canned corn  
4 ounces cold cooked shrimp  
½ teaspoon dried mint leaves

#### *salad dressing*

¾ cup plain yogurt  
2 tablespoons mayonnaise  
1 tablespoon orange juice  
1 tablespoon sugar  
¼ teaspoon salt

Sprinkle bananas with lemon juice.

Place rice in serving bowl. Arrange rows of tomatoes, bananas, oranges, corn, and shrimp in starlike pattern on top. Sprinkle with mint.

Combine dressing ingredients; pour over rice. Yield 4 servings.

## SEAFOOD

### anchovy and tuna salad

4 tomatoes, peeled, quartered  
2 small green peppers, seeded, thinly sliced  
4 stalks celery, chopped  
1 small cooked beet  
2 hard-boiled eggs, cut into quarters  
1 can anchovy fillets  
1 can tuna fish, drained, flaked  
Green and black olives

#### *salad dressing*

2 tablespoons white-wine vinegar  
6 tablespoons olive oil





*anchovy and tuna salad*

**Salt**

**Freshly ground black pepper**

**½ teaspoon prepared mustard**

**1 teaspoon each finely chopped tarragon, chives, chervil, and parsley**

Arrange tomatoes, green peppers, celery, beet, and eggs in salad bowl or on large platter.

Combine all dressing ingredients; blend well.

Arrange anchovy fillets, tuna, and olives attractively on top. Pour the dressing over; toss at table.

Yield 4 servings.

## avocado shrimp boats

**2 soft avocados, halved, peeled, seeded**

**2 cups shredded lettuce**

**2 cups cooked shrimp, peeled, deveined**

**1 cup alfalfa sprouts**

**16 cherry tomatoes, cut into halves**

**Parsley (garnish)**

**Lemon wedges**

**French dressing**

Place avocado halves on lettuce bed. Spoon ½ cup shrimp into cavity of each. Serve alfalfa sprouts and tomatoes on side of plate. Garnish shrimp with parsley and lemon wedges. Serve with side bowl of French dressing made with lemon juice. Yield 4 servings.

## caribbean salad

**2 tablespoons vinegar**

**½ teaspoon salt**

**⅛ teaspoon white pepper**

**1 teaspoon honey**

**3 drops angostura bitters**

**½ small onion, grated**

**2 tablespoons vegetable oil**

**2 medium bananas**

**2 medium tomatoes**

**2 mandarin oranges (or 1 small can, drained)**

**1 (4½-ounce) can shrimps**

**Parsley (garnish)**

**4 stuffed olives, halved (garnish)**

Make salad dressing by combining and blending vinegar, salt, pepper, honey, bitters, onion, and oil. Adjust seasonings to taste.

Peel and slice bananas; immediately add to dressing to prevent browning.

Peel tomatoes; cut into quarters.

Peel oranges; section (remove white membrane). Add tomatoes and oranges to dressing; carefully stir in drained shrimps. Arrange salad in attractive bowl; garnish with parsley and olives.

Yield 4 servings.



*caribbean salad*



## crab-chunk salad

1 cup rice  
Nutmeg  
Lemon juice  
Olive oil  
1 can crab claw meat (12- or 16-ounces), or 1 pound  
    fresh white crab meat  
6 black olives, pitted  
1 red or green pepper, seeded, cut into strips  
½ clove garlic, crushed  
3 or 4 raw mushrooms, sliced  
Few walnuts, chopped  
Lettuce

Cook rice in boiling salted water until just tender (about 12 minutes); drain well. While still warm, add good pinch of nutmeg, squeeze of lemon juice, and enough oil to moisten. Add crab meat cut into squares, olives, pepper, garlic, and mushrooms; mix lightly. Arrange in lettuce-lined bowl or platter; sprinkle with walnuts. Yield 4 servings.

## crab louis

¾ cup mayonnaise or salad dressing  
¼ cup chili sauce

*cucumber gondola salad*

2 tablespoons minced parsley  
2 teaspoons vinegar  
½ teaspoon Worcestershire sauce  
¼ teaspoon horseradish  
1 pound fresh or canned crab meat

Blend all but crab meat. Toss lightly with crab meat; chill. Serve in lettuce cups or as filling for avocado halves. Yield 4 servings.

## craibechan of the sea

3 tablespoons butter  
1 clove garlic, peeled, chopped  
1 leek, cleaned, sliced  
1 medium onion, peeled, chopped  
3 cups cooked seafood (Lobster, crab, and shrimp can be used, or salmon and cod make a good combination. Steam or poach fish; cool.)

Salt and pepper

Few drops of Tabasco

1 small head Bibb lettuce

1 lemon, cut into wedges

Radish roses

Melt butter in small skillet. Add garlic, leek, and onion; sauté until tender. Combine onion mixture and seafood; pass through food chopper. Season with salt, pepper, and Tabasco to taste. Refrigerate until serving time.

Line plates with Bibb lettuce; mound fish mixture in center of plate. Garnish with lemon wedges and radish roses. Yield 4 servings.

## cucumber gondola salad

3 long straight cucumbers  
1½ cups chopped cooked shrimp







*fresh crab salad*

- ¼ cup finely chopped celery**
- 2 tablespoons minced green onion**
- 2 teaspoons minced parsley**
- 1 teaspoon fresh tarragon leaves or ⅛ teaspoon dried tarragon leaves**
- ½ teaspoon salt**
- ⅛ teaspoon white pepper**
- ¼ cup mayonnaise**
- 21 large pitted ripe olives**
- 3 whole pimientos**
- 6 radishes**

Slice off ⅓ of cucumbers lengthwise; cut long strips of peeling from cut-off portions for garnish. Dice enough of this portion to make ¼ cup. Carefully scoop pulp from larger portions of cucumber; leave shells ¼-inch thick.

Combine shrimp, diced cucumber, celery, onion, and parsley in medium bowl. Sprinkle with tarragon, salt, and pepper. Add mayonnaise; toss lightly until just blended. Fill cucumber shells with shrimp mixture; heap along entire length of cucumber.

Cut olives into quarters, lengthwise, to form petals. Cut pimientos into equal number of matching petals. Arrange petals alternately along sides of cucumbers. Arrange strips of peeling over salad as shown in illustration. Place cucumber gondolas on bed of lettuce; garnish with radishes. Serve with a Basic Vinaigrette (see Index). Yield 6 servings.

## **egg and shrimp mayonnaise salad**

- ½ cup mayonnaise**
- 1 (½-pint) carton sour cream**
- 1 teaspoon curry powder**
- 6 hard-boiled eggs**
- Lettuce**
- 1 cup fresh or frozen shrimp**
- Paprika**

Combine mayonnaise, sour cream, and curry powder; chill 1 hour.

Shell hard-boiled eggs; cut in halves. Arrange, rounded-side-up, on crisp lettuce.

Fold shrimp into mayonnaise; spoon over eggs. Sprinkle with paprika. Yield 6 servings.

## **fresh crab salad**

- 1 pound fresh crab meat, flaked**
- ½ cup minced celery**
- 1 teaspoon grated onion**
- 1 tablespoon minced pimiento**
- ¼ teaspoon salt**
- 2 tablespoons lemon juice**
- Mayonnaise**
- Lettuce leaves**
- 2 tablespoons minced parsley**

Combine crab meat, celery, onion, and pimiento in bowl. Sprinkle with salt and lemon juice; toss

## SALADS • SEAFOOD

to mix. Add just enough mayonnaise to moisten; mix well. Spoon onto bed of lettuce; sprinkle with parsley. Garnish with thin slices of cucumber and tomato. Serve with additional mayonnaise. Yield 4 servings.

### german fish salad

- 1 tablespoon butter
- 1 pound whitefish fillets, fresh or frozen (cod, turbot, or haddock)
- ½ cup hot water
- 4 hard-cooked eggs
- 2 dill pickles
- 1 tablespoon capers

#### sauce

- 2 tablespoons mayonnaise
- 2 tablespoons sour cream
- 2 teaspoons lemon juice
- 1 teaspoon Dijon-style mustard
- ½ teaspoon salt
- ¼ teaspoon white pepper

#### garnish

- 1 hard-cooked egg
- 4 slices canned beets

Melt butter in frypan. Place thawed fish in frypan; pour hot water over. Bring to boil; cover. Lower heat; simmer gently 10 minutes.

Meanwhile, slice 4 hard-cooked eggs and pickles.

Drain fish; cool; cut into cubes.



Blend together sauce ingredients.

Gently mix fish, eggs, pickles, and capers in separate bowl. Arrange in individual dishes; spoon sauce over tops. Chill 30 minutes.

To garnish, cut remaining egg into 8 pieces; chop beet slices. Arrange garnish on each serving; serve immediately. Yield 4 servings.

### herring salad with sour cream

#### sour-cream sauce

- 1 cup sour cream
- ½ cup yogurt
- Juice of ½ lemon
- ¼ teaspoon sugar

#### salad

- 2 small onions
- 2 tart apples
- 8 marinated herring fillets
- 2 teaspoons fresh dill or ½ teaspoon dried dill weed

Thoroughly blend sauce ingredients.

Peel onions; cut into thin slices. Peel and quarter apples; remove cores; cut into thin wedges. Blend onions and apples with sauce.

In dish arrange herring and apple mixture in layers; cover tightly. Marinate in refrigerator 5 hours. Sprinkle with dill before serving. Yield 4 to 6 servings.

### leek and lox salad

- 2 leeks
- 2 or 3 tomatoes
- 2 hard-cooked eggs
- 2 to 4 ounces smoked lox
- ¾ cup plain yogurt
- 2 tablespoons chopped parsley leaves
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon dried mustard
- 1 teaspoon sugar
- Salt and pepper to taste

Clean leeks thoroughly; cut off all but 2-inches of tops. Cut into very thin slices; separate slices into rings. Peel tomatoes; cube. Chop eggs coarsely. Cube lox. Combine all these ingredients.

Stir together yogurt, parsley, oil, lemon juice, mustard, and sugar; season with salt and pepper. Pour over salad ingredients; serve at once. Yield 4 servings.

### lobster salad

- 2 (1- to 1¼-pound) live lobsters
- 2 recipes Basic Court Bouillon for Seafood (see Index)

*german fish salad*





*herring salad with sour cream*

*leek and lox salad*





*lobster salad*

**3 cups diced cooked new potatoes**

**1 tablespoon diced red pimiento**

**1¼ cups cooked green peas**

**Mayonnaise**

**1 large lettuce heart**

Cook lobsters in Court Bouillon. Split lobsters; clean. Remove meat; reserve shells, claws, and legs for garnish, if desired. Chop meat of 1 lobster; place the meat in large bowl. Add potatoes, pimiento, and 1 cup peas; toss lightly. Add enough mayonnaise to moisten; mix until ingredients are combined. Mound salad in serving dish.

Tear lettuce; place around edge of dish. Place remaining peas on salad around inside edge of lettuce. Place remaining lobster meat on top of salad. Garnish with reserved shells, claws, and legs. Pipe border of mayonnaise around outside of lettuce; chill thoroughly. The coral can be chopped and added to salad, if desired. Yield about 6 servings.

## salmon and cucumber salad

**2 cucumbers, washed**

**½ cup French Dressing (see Index)**

**1 can salmon**

**⅓ cup thick mayonnaise**

**1 tablespoon juice from salmon**

**Salt**

**Chopped parsley or chives (garnish)**

Cut cucumbers in half lengthwise; scoop out seeds and some flesh to form shell. Discard seeds; chop cucumber taken out into small pieces. Marinate in some of French Dressing ½ hour.

Drain salmon; reserve juice. Remove skin and bones; flake salmon into small pieces. Pour remaining French Dressing over salmon; let marinate ½ hour in refrigerator.

Thin mayonnaise slightly with salmon juice.

Drain marinated salmon; mix with mayonnaise.

Salt cucumber shells lightly; sprinkle with chopped chives. Fill with salmon salad; spread marinated cucumber over top. Sprinkle with chives; top with line of thick mayonnaise. Yield 4 servings.

## seafood medley

**1 (6½-ounce) can tuna fish**

**1 (6-ounce) can crab meat, flaked**

**1 (4¼-ounce) can shrimp**

**2 tablespoons French dressing**

**1 cup diced celery**

**½ cup diced cucumber**

**6 to 8 radishes, chopped**

**1 tablespoon capers**

**2 tablespoons lemon juice**

**½ cup mayonnaise**

**Salt, pepper, and paprika**

**Lettuce**

Drain tuna; break into flakes. Add crab meat and shrimp. Stir in French dressing; set aside to chill about 15 minutes. Add celery, cucumber, radishes, and capers.

Blend lemon juice with mayonnaise. Add seasoning to taste; toss all ingredients lightly together. Serve on crisp lettuce. Yield 5 or 6 servings.

## shrimp macaroni salad

**3 (4½- or 5-ounce) cans shrimp**

**2 cups cooked shell macaroni**

**1 cup chopped raw cauliflower**

**1 cup sliced celery**

**¼ cup chopped parsley**





*seafood medley*

**¼ cup chopped sweet pickle or drained pickle relish**

**½ cup mayonnaise or salad dressing**

**3 tablespoons garlic French dressing**

**1 tablespoon lemon juice**

**1 teaspoon grated onion**

**1 teaspoon celery seed**

**1 teaspoon salt**

**¼ teaspoon pepper**

**Salad greens**

**1 hard-cooked egg, sliced**

Drain shrimp; cover with ice water. Let stand 5 minutes; drain. Cut large shrimp in half.

Combine macaroni, cauliflower, celery, parsley, pickle, and shrimp.

Combine mayonnaise, French dressing, lemon juice, onion, and seasonings; mix thoroughly. Add to shrimp mixture; toss lightly; chill. Serve on salad greens; garnish with eggs. Yield 6 servings.

## simple salmon salad

**1 (1-pound) can salmon or 2 (6½- or 7-ounce) cans tuna**

**1 cup chopped celery**

**⅓ cup mayonnaise or salad dressing**

**2 hard-cooked eggs, chopped**

**2 tablespoons chopped onion**

**2 tablespoons chopped sweet pickle**

**Salad greens**

Drain fish; break into large pieces.

Combine all ingredients except salad greens. Toss lightly; chill. Serve on salad greens. Yield 4 servings.

## tuna and cheese salad

**8 ounces Gouda cheese, cut into ½-inch cubes**

**1 (6½-ounce) can tuna, well-drained, broken into bite-size pieces**

**½ cup cold cooked green beans**

**2 medium dill pickles, cubed**

**1 onion, chopped**

**3 hard-cooked eggs, cubed**

**1 red pepper (ripe green pepper)**

**2 small tomatoes, cubed**

**salad dressing**

**1 cup plain yogurt**

**4 tablespoons mayonnaise**

**2 teaspoons prepared mustard**

**1 teaspoon sugar**

**1 teaspoon chopped fresh dill (or ½ teaspoon dried dill weed)**

**1 tablespoon chopped fresh parsley leaves**

**Salt and pepper to taste**

**Lettuce leaves**

Combine cheese, tuna, beans, pickles, onion, eggs, pepper, and tomatoes in large bowl.

Combine and whisk together dressing ingredients. Pour over salad ingredients; toss lightly.



*simple salmon salad*



## SALADS • SEAFOOD

Chill 15 to 20 minutes to blend flavors before serving.

Line serving bowl with lettuce leaves. Arrange salad on top. Yield 4 servings.

### tuna waldorf salad

1 (6½- or 7-ounce) can tuna

1 cup diced apples

½ cup chopped celery

¼ cup chopped nutmeats

½ cup mayonnaise or salad dressing

Lettuce

Drain tuna; break into large pieces. Combine all ingredients except lettuce. Serve on lettuce. Yield 6 servings.

## VEGETABLE

### artichoke and tomato salad

2 (4-ounce) jars marinated artichoke hearts

½ cup dry white wine

Juice of 1 lemon

1 whole fennel or 1 small bunch celery, sliced

6 medium tomatoes, sliced

*tuna and cheese salad*



*tuna waldorf salad*

2 small onions, diced

1 clove garlic

½ teaspoon salt

¼ teaspoon white pepper

½ cup warm beef broth

Drain artichoke hearts; reserve marinade. Cut hearts in half; place in large salad bowl.

Combine reserved marinade, wine, and lemon juice; pour over artichokes.

Clean and wash fennel; slice. Add to artichokes. Add tomatoes and onions.

Mash garlic with salt and pepper; add to beef broth. Mix well; pour over vegetables. Marinate at







*artichokes with cold corn salad*

least 10 minutes. Serve with crusty bread. Yield 6 to 8 servings.

## **artichokes with cold corn salad**

2 (10-ounce) packages frozen whole-kernel corn  
 $\frac{2}{3}$  cup chopped green sweet pepper  
 $\frac{3}{4}$  cup sliced cooked carrots

*artichoke and tomato salad*



2 tablespoons finely chopped onion  
 $\frac{1}{2}$  cup mayonnaise  
1 teaspoon chili powder  
 $\frac{1}{8}$  teaspoon seasoned salt  
 $\frac{1}{8}$  teaspoon freshly ground pepper  
6 fresh artichokes  
**Chili Mayonnaise**

Cook corn; drain; cool. Place in large bowl. Add green pepper, carrots, onion, mayonnaise, chili powder, salt, and pepper; mix well; chill.

Remove artichoke stems; cut about  $\frac{1}{2}$ -inch from tips of leaves with kitchen shears. Drop into boiling salted water; cook 5 minutes. Drain; shake to remove water; cool. Tap base on flat surface to spread leaves; chill. Fill with corn salad; place on serving platter. Serve with Chili Mayonnaise. Yield 6 servings.

### **chili mayonnaise**

1 cup mayonnaise  
1 teaspoon chili powder  
 $\frac{1}{2}$  teaspoon seasoned salt  
Dash of freshly ground pepper  
1 tablespoon lemon juice

Place all ingredients in small bowl. Mix until blended; chill.



## SALADS • VEGETABLE

*asparagus spring salad*

### asparagus spring salad

**¼ cup olive or vegetable oil**  
**4 teaspoons wine vinegar**  
**2 teaspoons finely chopped fresh basil**  
**¾ teaspoon salt**  
**¼ teaspoon freshly ground pepper**  
**1½ pounds cooked fresh asparagus**  
**1 pound cream-style cottage cheese**  
**1 tablespoon finely chopped chives or green onion tops**  
**10 pimienta strips**

Combine oil, vinegar, basil, ½ teaspoon salt, and pepper in jar; shake well.

Place asparagus in dish; spoon dressing over top. Let stand at least 30 minutes to marinate.

Combine cottage cheese, chives, and remaining ¼ teaspoon of salt; mix well. Arrange the asparagus spoke-like around outside of large round platter; spoon cheese mixture into center. Arrange pimienta strips over asparagus; sprinkle cheese with additional chives. Yield 6 servings.

### avocado salad vinaigrette

**1 recipe Basic Vinaigrette (see Index)**  
**8 green onions (scallions)**  
**½ large red sweet pepper**  
**2 avocados, peeled**  
**Lemon juice**  
**Watercress or chopped romaine**  
**Bean sprouts**

Prepare Basic Vinaigrette; substitute ½ cup tarragon-wine vinegar for red-wine vinegar.

Trim onions, leaving about 2-inches of green stems; cut into ½-inch lengths.

Remove seeds and white membrane from pepper; cut into thin lengthwise slices.

Cut avocados in half; remove seeds. Cut 1 avocado into lengthwise slices; dip halves and slices into lemon juice to prevent discoloration.

Arrange watercress, bean sprouts, pepper, onions and avocado on serving dish.

Shake vinaigrette to blend; fill avocado halves with sauce. Yield 2 servings.

### avocado and strawberry salad

**½ cup almonds**  
**1 (8-ounce) package cream cheese, softened**  
**¾ cup confectioners' sugar**  
**2 ripe avocados**  
**Lemon juice**  
**1 pint fresh strawberries, cleaned**  
**½ cup fresh orange juice**  
**1 tablespoon lemon juice**



Spread almonds on cookie sheet; toast lightly in 350°F oven about 10 minutes. Place in blender; grind or chop finely.

Combine cream cheese and ½ cup sugar in small mixing bowl; beat until fluffy. Stir in almonds. Shape into cone in center of serving dish.

Peel avocados; cut in half; remove seeds. Coat generously with lemon juice to prevent darkening. Place 2 halves on opposite sides of cream-cheese cone. Arrange strawberries between avocado halves over cone.

Slice remaining avocado; place around edge of serving dish; garnish with any remaining strawberries.

Combine remaining sugar with orange and lemon juice for sauce.

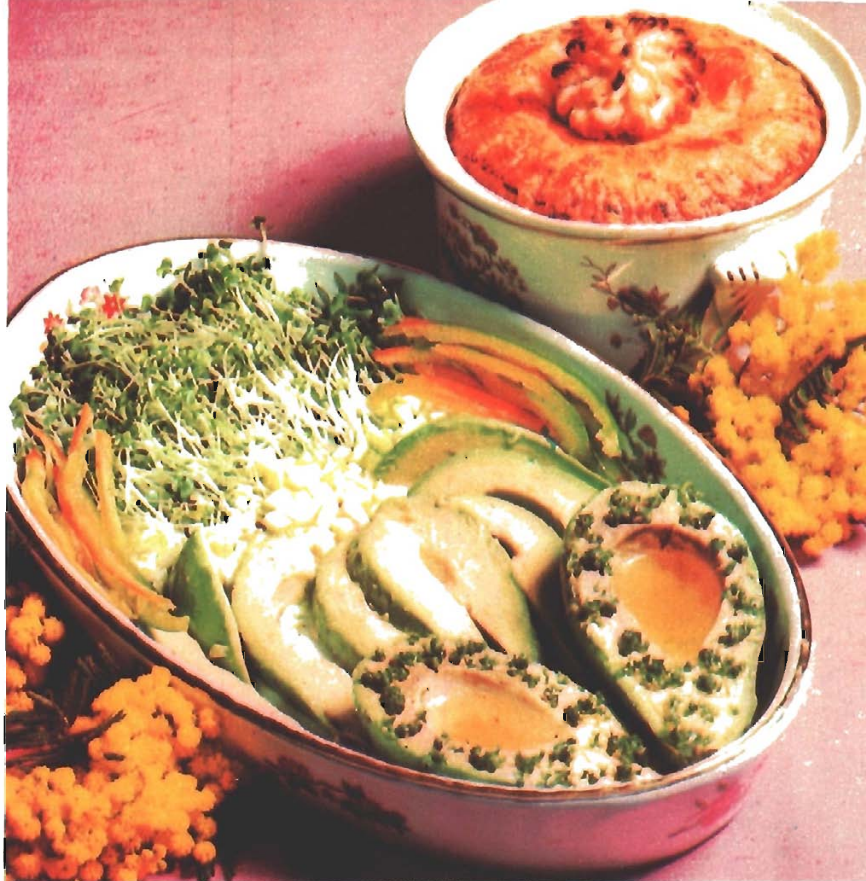
Dust strawberries with additional confectioners' sugar. Spoon small amount of orange sauce over each serving. Yield 4 servings.

### bean-sprout salad

**2 or 3 cups bean sprouts**  
**½ cup grated carrot**  
**½ cup chopped spring onion**  
**Bottled or packaged sesame dressing**

Wash sprouts; place on towel to dry. Put in bowl; add carrot and onion. Toss with sesame





dressing. Serve on lettuce leaf or plain. Yield 6 servings.

## garbanzo-bean salad

1 (15-ounce) can garbanzo beans, drained  
 $\frac{1}{8}$  teaspoon garlic powder  
 $\frac{1}{2}$  teaspoon chili powder  
 2 tablespoons oil  
 2 tablespoons wine vinegar  
*avocado and strawberry salad*

*avocado salad vinaigrette*

1 tablespoon dried parsley  
 $\frac{3}{4}$  cup chopped celery  
 1 (4-ounce) can pimientos, drained, chopped  
 3 green onions, chopped  
 Salt and pepper to taste  
 Lettuce

Rinse beans in cold water; drain. Combine with other ingredients; let stand several hours. Stir periodically to be sure all flavors are well mixed. Serve in lettuce cups. Yield 4 servings.





## green beans with garlic dressing

- 4 cups (1-pound) green beans
- 1 teaspoon salt
- 2 slices bacon
- ½ cup garlic French dressing
- 2 tablespoons minced green onion
- ¼ teaspoon oregano leaves

Cook beans, either whole or cut into 1-inch lengths, in ½ cup water with salt 10 minutes or until just tender-crisp.

Cut bacon into ½-inch lengths; fry crisp. Add bacon bits, without fat, to beans. Pour salad dressing over; add onion and oregano. Heat through; serve. Yield 4 servings.

## kidney-bean salad

- ½ teaspoon salt
- ¾ cup sugar
- ½ cup vinegar
- 3 tablespoons cooking oil
- 4 cups (about 1½ cups uncooked) dry kidney beans, cooked, drained
- ½ cup diced celery
- ½ cup thinly sliced green pepper
- ¼ cup thinly sliced onion
- 2 hard-cooked eggs, sliced

Soak beans overnight; discard any that float to top. Bring to boil; simmer until tender.

Combine salt, sugar, vinegar, and oil; mix well. Add vegetables; mix gently.

Chill at least 1 hour. Pour off liquid. Gently stir in eggs before serving. Yield 6 servings.

## marinated bean sprouts

- 1 pound fresh bean sprouts
- marinade*
- 3 tablespoons chopped scallion (green and white parts)
- 2 tablespoons sesame-seed oil

- 2 tablespoons soy sauce
- 1 tablespoon vodka
- 1 tablespoon vinegar

Place bean sprouts in colander; blanch. Immediately rinse with cold water; drain well.

Combine remaining ingredients in large bowl. Place bean sprouts in mixture to marinate at room temperature 1 hour. Refrigerate at least 3 hours before serving. Yield 4 servings.

## three-bean salad

- 1 (16-ounce) can cut green beans
- 1 (16-ounce) can whole yellow or wax beans
- 1 (16-ounce) can red kidney or chili beans
- 1 can apple jelly
- ¼ cup cider vinegar (can substitute white or malt)
- 4 level teaspoons cornstarch
- 1 teaspoon salt
- ½ cup sliced green onions
- 2 cups sliced celery

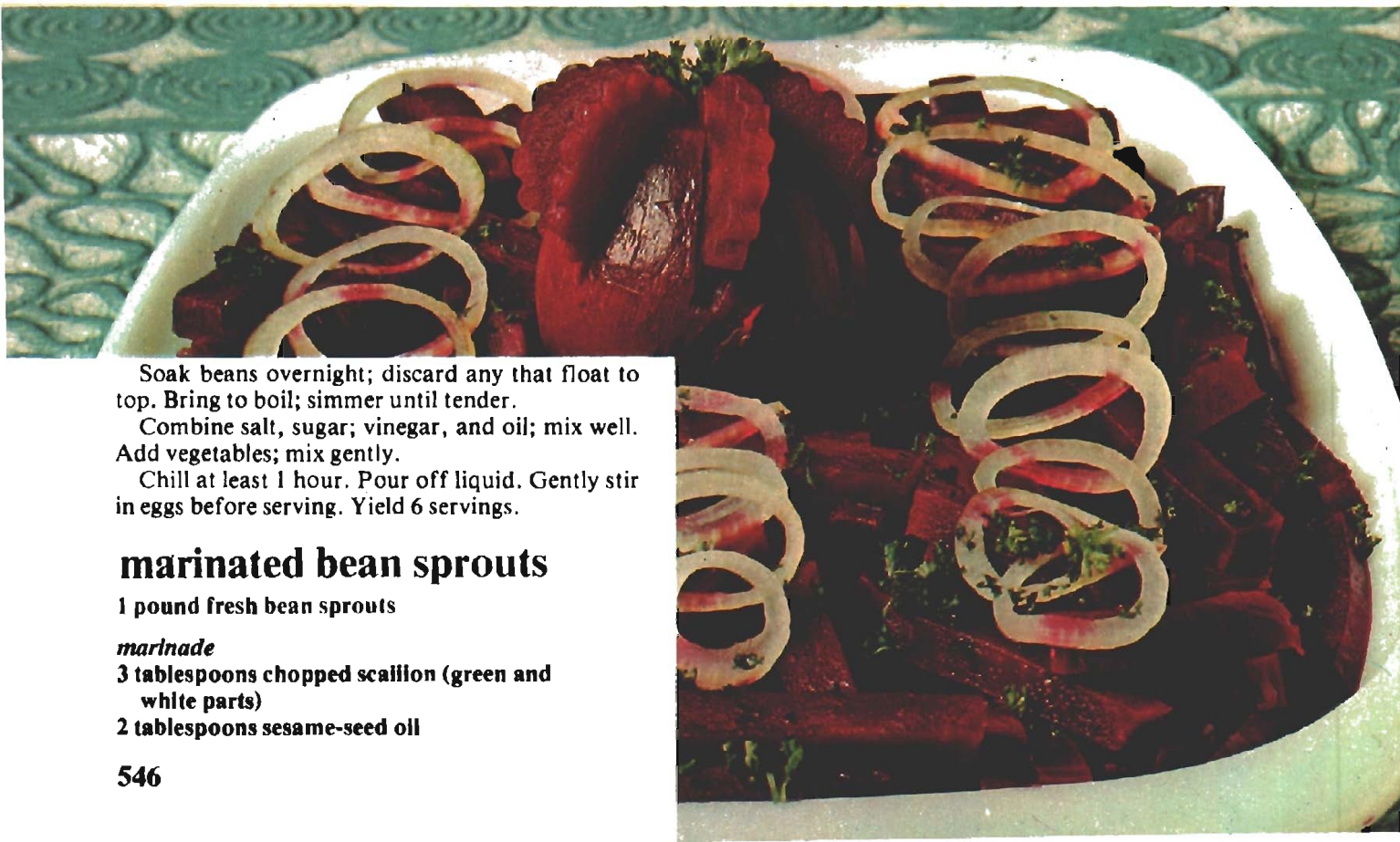
Drain all beans.

Cook jelly, vinegar, cornstarch, and salt until thickened. Stir in all vegetables. Let stand at least 2 hours. Yield 8 servings.

## beet and onion salad

- 2 pounds fresh beets
- 2 teaspoons salt

*beet and onion salad*





**1 recipe Vinaigrette Aux Fines Herbes (see Index)**

**2 white onions, peeled**

Cut tops from beets; leave at least 3-inches of stalk to prevent bleeding. Place in large kettle; add water to cover. Add salt; bring to boil. Cook about 60 minutes, until tender; drain; cool. Cut off tops; slip skins from roots. Cut into medium-thick slices; place in bowl. Pour vinaigrette over; toss lightly. Cover; chill several hours, tossing occasionally.

Cut onions into thin slices; separate into rings.

Remove beets from vinaigrette with slotted spoon; place in serving dish. Arrange onion rings over top. Garnish with chopped parsley. Yield 6 to 8 servings.

## broadway beet salad

**1 garlic clove, halved**

**Lettuce**

**1 medium-size can beets, diced**

**2 small onions, sliced**

**1 (7-ounce) can tuna**

**2 hard-boiled eggs, sliced**

**½ cup mayonnaise**

**¼ teaspoon salt**

**Pepper**

Rub salad bowl with garlic. Line bowl with lettuce leaves.

Put beets, onions, tuna, and eggs in another bowl.

Combine mayonnaise, salt, and pepper. Toss gently with beet mixture; serve in salad bowl. Yield 2 to 4 servings.

## cabbage salad

**½ cup vinegar**

**¼ teaspoon salt**

**1 tablespoon butter**

**1 small onion, minced**

**1 small cabbage, shredded**

Combine vinegar, salt, butter, and onion; simmer until onion is soft. Add to cabbage; mix well. Yield 6 servings.

## cole slaw

**1 head cabbage**

**1 cup mayonnaise**

**1 cup sour cream**

**1 teaspoon prepared mustard**

**1 tablespoon lemon juice**

**Salt and pepper to taste**

**1 tablespoon sugar**

Slice cabbage very thin.

Mix other ingredients; stir into cabbage. Chill about 4 hours. Yield 10 servings.

## hot slaw

**2 tablespoons salad oil**

**4 cups shredded cabbage**

**½ teaspoon salt**

**½ teaspoon celery seed**

**¼ teaspoon pepper**

**2 tablespoons vinegar**

Heat oil in medium-size skillet. Add cabbage and seasonings, but not vinegar; cover. Cook over medium heat about 3 minutes; stir occasionally to mix flavors. Add vinegar; stir again. Serve slaw at once, hot. Yield 4 to 6 servings.

## carrot salad

**2 pounds carrots (½-inch slices), cooked in salted water ½ hour**

**3 or 4 green peppers, sliced**

**2 large onions, sliced**

**1 can tomato soup**

**½ cup salad oil**

**1 cup sugar**

**¾ cup vinegar**

**1 teaspoon prepared mustard**

**1 teaspoon Worcestershire sauce**

Alternate layers of carrots, peppers, and onions in bowl.

Combine remaining ingredients; heat. Beat to blend; cool while carrots are cooking. Pour over vegetables; let stand at least a day. Yield 6 to 8 servings.

## cauliflower salad

**1 small head cauliflower**

**¼ cup chopped red pepper or pimiento**

**2 tablespoons chopped fresh parsley (Italian flat leaf if available)**

**¼ cup sliced black olives**

**1 tablespoon chopped capers**

**1 tablespoon wine vinegar**

**3 tablespoons olive oil**

**½ teaspoon crumbled dried oregano**

Wash cauliflower; separate into florets. Slice florets into thick slices; cook in boiling salted water until crisp but tender. Drain well. Gently mix cauliflower, pepper, parsley, olives, and capers in serving bowl.

Combine vinegar, oil, and oregano; mix well. Pour over salad; refrigerate 1 hour before serving. Garnish with anchovies if you wish. Yield 4 servings.

## pickled corn salad

**½ cup chopped onions**

**½ cup diced green peppers**

**4 tablespoons chopped pimiento**

## SALADS • VEGETABLE

3 tablespoons sugar  
¾ teaspoon salt  
½ teaspoon celery salt  
½ teaspoon dry mustard  
½ cup cider vinegar  
½ cup water

### 3 cups frozen whole-kernel corn

Combine all ingredients except corn; bring to boil. Lower heat; cover pan. Simmer 12 minutes; stir occasionally. Add frozen corn; raise heat. When boiling resumes, lower heat; simmer until corn is just tender (2 or 3 minutes); drain. Serve salad hot, or refrigerate and serve on lettuce leaves. Yield 4 to 6 servings.

### dandelion salad

½ pound tender young dandelion greens  
½ cup thinly sliced red or Spanish onions  
2 tomatoes, cut in fourths  
Cut-up or shredded cheese  
Salt and pepper to taste  
French dressing, or oil and vinegar

Wash dandelion greens; drain well. Cut into 2-inch pieces. Add rest of ingredients in order given; toss to mix well. Yield 4 servings.

### sweet-and-sour eggplant salad

4 large eggplants, cut into ½-inch cubes  
2½ cups water  
¼ cup salad oil

½ teaspoon crushed coriander seed  
1 teaspoon salt  
½ cup lemon juice (or vinegar)  
Fresh herbs and bay leaf  
½ cup currants

Peel and cube eggplants.

Put water, oil, coriander, salt, lemon juice, and herbs into pan; bring to boil. Add eggplant; simmer until tender but not mushy. Remove eggplant. Boil until liquid is reduced by half. Strain. Add currants; simmer 5 minutes. Pour over cooked eggplant; chill. Yield 6 servings.

### fresh garden salad

2 cucumbers  
½ cup white vinegar  
½ cup water  
1 teaspoon salt  
12 cherry tomatoes, sliced  
1 green pepper, thinly sliced  
1 red pepper, thinly sliced  
1 small sweet onion, peeled, cut into rings  
1 tablespoon chopped parsley (garnish)

Peel cucumbers; slice crosswise.

Combine vinegar, water, and salt; pour over cucumbers. Marinate at room temperature 2 hours; drain. Add remaining vegetables to cucumbers; toss lightly. Chill before serving. To serve, arrange on salad plates; garnish with parsley. Yield 4 servings.

*fresh garden salad*







## mushroom and sour-cream salad

**2 cups canned drained mushroom slices**  
**½ cup wine vinegar**  
**4 heads Boston lettuce**  
**½ cup sour cream**  
**1 tablespoon chopped fresh parsley**

Combine mushrooms and vinegar. Marinate in refrigerator 24 hours; drain.

Arrange lettuce on individual salad plates. Place ½ cup marinated mushrooms in center of lettuce bed; garnish with 2 tablespoons sour cream and fresh parsley. Yield 4 servings.

## gazpacho salad

**2 large cucumbers, diced**  
**1 large green pepper, slivered**  
**1 large red onion, sliced**  
**1 large Spanish onion, chopped**  
**1 can chick peas or red kidney beans, well drained**  
**6 to 8 ripe firm tomatoes, chopped**  
**10 black olives, pitted**  
**1 can flat anchovies, drained**  
**2 cloves garlic, minced**  
**Salt and pepper**

### *marinade*

**¼ cup white or red wine vinegar**  
**⅓ cup vegetable oil**  
**2 tablespoons fresh chopped parsley**  
**1 teaspoon chopped chives**

Colorfully layer each vegetable in large brandy snifter, interspersing anchovies and olives. Sprinkle each layer with garlic, salt, and pepper. Layer to top of brandy snifter; cover. Refrigerate until chilled.

Combine marinade ingredients; chill. Just before serving, carefully pour mixed marinade over salad. Amounts can be adjusted according to size of glass container. Yield depends on size of container.

## raw mushroom salad

**1 pound button mushrooms**  
**Juice of 1 lemon**  
**8 tablespoons olive oil**  
**Salt**  
**Freshly ground black pepper**  
**1 teaspoon finely chopped chives**  
**1 teaspoon finely chopped parsley**

Remove stalks from mushrooms. Wash and dry caps; cut into slices. Arrange in shallow salad bowl.

Blend lemon juice and oil. Add salt and pepper to taste; pour over mushrooms. Toss carefully; set aside to chill at least ½ hour. Before serving, sprinkle with chives and parsley. Yield 5 or 6 servings.

## pallas athene salad

**5 medium tomatoes**  
**1 teaspoon oregano**  
**Salt and pepper to taste**  
**2 medium green sweet peppers**  
**24 small Greek olives**  
**1 pound small-curd cottage cheese**  
**1 pint sour cream**

Cut tomatoes into wedges; place in bowl. Sprinkle with oregano, salt, and pepper. Toss lightly.

*pallas athene salad*







*pepper salad*

Cut peppers in half; remove seeds and membrane. Cut into thin lengthwise slices.

Arrange tomatoes, peppers, and olives on lettuce-lined serving dish. Spoon dollops of cottage cheese and sour cream on top. Yield 4 to 6 servings.

### **pasta slaw**

$\frac{1}{4}$  cup mayonnaise

1 tablespoon sour cream

1 tablespoon vinegar

2 teaspoons sugar

1 cup pasta, cooked (any kind)

1 cup finely shredded white cabbage

3 tablespoons grated carrot

3 tablespoons diced green pepper

Make dressing with mayonnaise, sour cream,

vinegar, and sugar. Add pasta and vegetables; toss lightly. Be sure all ingredients are well coated with dressing. Yield 4 or 5 servings.

### **pepper and pineapple slaw**

1 sweet red pepper

1 green pepper

1 small firm cabbage

1 can (about 8-ounces) pineapple

1 teaspoon dry mustard

1 tablespoon lemon juice

About 1 cup mayonnaise

1 tablespoon sugar

1 teaspoon salt

Remove seeds and all pith from peppers; chop finely. Wash and dry cabbage. Cut into 4 portions; shred finely. Drain pineapple; chop.



Mix mustard smoothly with lemon juice; add with 1 tablespoon pineapple syrup to mayonnaise.

Mix peppers, cabbage, and pineapple in salad bowl. Sprinkle with sugar and salt; let chill until required. Add mayonnaise; toss lightly. Yield 5 or 6 servings.

## pepper salad

**2 medium green sweet peppers**

**3 large firm ripe tomatoes**

**Salt and freshly ground pepper to taste**

**½ cup olive oil**

**1 to 2 tablespoons red-wine vinegar**

**1½ teaspoons chopped chives**

**1½ teaspoons chopped parsley**

Cut peppers in half; remove seeds and membrane. Cut into thin lengthwise slices. Slice tomatoes thinly. Arrange tomatoes and peppers in serving dish; sprinkle with salt and pepper. Pour oil evenly over all. Sprinkle vinegar, chives, and parsley over top. Yield about 4 servings.

## red sweet pepper salad

**6 large red sweet peppers**

**1 cup brown rice**

**1 (3-ounce) package cream cheese**

**2 tablespoons minced green onion**

**¼ cup Vinaigrette Aux Fines Herbes (see Index)**

**Salt and freshly ground pepper to taste**

**6 small thin onion rings**

**6 green stuffed olives**

**2 tablespoons minced chives**

**1 head lettuce**

**18 whole black olives**

Cut tops from peppers; remove seeds and membranes. Rinse; invert on paper towels to drain.

Cook rice according to instructions for Basic Boiled Rice (see Index). Increase cooking time to 45 minutes or until tender; drain.

Dice cream cheese. Combine with rice in large bowl; toss lightly. Fold in green onion, vinaigrette, salt, and pepper. Spoon into pepper shells; place onion ring on top of each. Place green olive in center of each onion ring. Sprinkle with chives; chill until ready to serve. Arrange on beds of lettuce; garnish each serving with 3 ripe olives. Yield 6 servings.

## ratatouille salad

**2 eggplants**

**Little coarse salt**

**About ½ cup olive oil**

*red sweet pepper salad*





*ratatouille salad*

- 1 onion, peeled, chopped**
- 1 large red pepper, seeded, cut into small pieces**
- 4 tomatoes, peeled, chopped**
- 2 cloves garlic, crushed**
- 12 coriander seeds**
- Chopped basil or parsley**

Wipe and peel eggplants; cut into ½-inch squares. Put into colander; sprinkle with salt; let drain.

Heat some oil in skillet; sauté onion about 10 minutes, until it begins to soften. Add a little more oil; put in eggplant and red pepper. Cover; simmer 30 to 40 minutes. Add tomatoes, garlic, and coriander; cook until tomatoes are soft and mushy, adding a little more oil if necessary. Adjust seasoning; chill. Drain off excess oil; sprinkle with basil. Yield 4 to 6 servings.

## sauerkraut salad

- 1 large can (No. 2½) sauerkraut**
- 1 large green pepper, finely chopped**
- 1 large onion, finely chopped**
- 2 carrots, grated, or 4 tablespoons diced pimiento**
- ½ cup water**
- ½ cup vinegar**
- 1 cup sugar**

### ½ teaspoon salt

Rinse sauerkraut; drain 15 minutes. Add green pepper, onion, and carrots; mix thoroughly.

Boil water, vinegar, sugar, and salt 1 minute; let cool. Pour over kraut mixture; let set. Longer it sets, better it is. Will keep indefinitely if refrigerated. Yield 10 servings.

## soybean salad

- 3 cups cooked, drained soybeans**
- ¼ cup minced onion**
- 1½ cups crumbled feta cheese (about 10-ounces)**
- ⅔ cup mayonnaise (do not use salad dressing)**
- Dash of freshly ground pepper**

Combine all ingredients; chill several hours. Serve on crisp lettuce leaves. Yield 4 main-dish servings.

## spinach salad

### dressing

- 2 tablespoons vegetable oil**
- Juice of 1 lemon**
- 1 tablespoon Dijon-style mustard**
- 1 tablespoon grated Parmesan cheese**
- 1 teaspoon sugar**



**1 teaspoon Worcestershire sauce**  
**½ teaspoon salt**  
**Dash of pepper**

*salad*

**1 pound or 1 (10-ounce) package fresh spinach**  
**¼ pound fresh mushrooms, sliced**  
**1 hard-cooked egg white, sieved or chopped**  
**¼ cup sunflower seed**

Combine dressing ingredients in small jar with lid; shake well; chill.

Thoroughly wash spinach; tear into bite-size pieces. Chill in tight plastic bag to crisp. Combine spinach and mushrooms in large bowl; toss with dressing. Garnish with egg white and sunflower seed. Yield 4 servings.

## spinach salad with creamy mushroom dressing

**1 (10-ounce) package washed, trimmed spinach, torn into bite-size pieces**  
**12 strips bacon, crisp fried, crumbled**  
**4 hard-cooked eggs, peeled, sliced**  
**1 medium onion, sliced into rings**

Assemble these in layers in large salad bowl. Salt and pepper to taste. Pour dressing over; toss gently. Yield 4 servings.

*creamy mushroom salad dressing*

**1 can cream of mushroom soup**  
**¼ cup tarragon vinegar**  
**1½ teaspoons sugar**  
**¼ cup water**  
**¼ teaspoon celery seed**  
**¼ teaspoon marjoram**  
**1 teaspoon dry mustard**  
**Salt and pepper to taste**  
**Dash of Worcestershire Sauce**

Beat ingredients together; heat. Stir smooth; cool.

## spinach salad with feta cheese

**1 pound raw spinach**  
**2 hard-boiled eggs, sliced**  
**1 tomato, cut into edges**  
**½ medium onion, thinly sliced**  
**½ cup crumbled feta cheese**

*salad dressing*

**6 tablespoons olive oil**  
**2 tablespoons wine vinegar**  
**½ teaspoon oregano**  
**½ teaspoon salt**  
**¼ teaspoon pepper**

Wash spinach well. Pick over; discard brown or damaged leaves. Remove stems; break into pieces

in large salad bowl. Add eggs, tomato, onion, and cheese.

Combine dressing ingredients; shake well. Pour over salad. Toss well; serve. Yield 4 to 6 servings.

## spring salad

**2 kohlrabi, coarsely grated or finely diced**  
**½ pound carrots, coarsely grated or cut into fine strips**

**1 unpeeled cucumber, thinly sliced**

**12 radishes, thinly sliced**

**Watercress (small bunch, if available), chopped**

*salad dressing*

**1 cup plain yogurt**  
**1 tablespoon lemon juice**  
**1 to 2 tablespoons honey**  
**Lettuce leaves**

**1 hard-cooked egg, cut into wedges (garnish)**

Combine kohlrabi, carrots, cucumber, radishes, and watercress.

Blend together dressing ingredients; pour over vegetables. Place salad on bed of lettuce; garnish with wedges of egg. Yield 4 servings.

## stuffed tomatoes

**8 firm ripe tomatoes**  
**2 ripe avocado pears**  
**Juice of 1 lemon**  
**1 tablespoon onion juice**

*spring salad*



## SALADS • VEGETABLE



*tomato-accordion and shrimp salad*

**Salt**  
**Black pepper**  
**Pinch of chili powder**  
**4 tablespoons finely chopped celery or green pepper**  
**1 tablespoon finely chopped parsley**

Plunge tomatoes into boiling water  $\frac{1}{2}$  minute, then in cold water; peel. Cut in half crossways; remove seeds and pulp. Cover loosely with foil; chill in refrigerator until required.

Peel avocados; remove seed. Mash well with wooden spoon. Add lemon juice, onion juice, salt, pepper, chili powder, and celery; set aside to chill. When ready to use, fill tomato halves with avocado mixture; sprinkle with parsley. Yield 4 servings.

### **tomato-accordion and shrimp salad**

**6 firm tomatoes**  
**6 hard-boiled eggs, sliced**  
**Lettuce leaves**  
**1 cup diced boiled shrimp**  
 **$\frac{1}{2}$  cup sliced celery**  
**Fresh parsley**  
**Mayonnaise**

Cut thin slice from stem end of each tomato; stand tomatoes upright on cut ends. Cut 5 deep slits in each tomato with sharp knife; fill slits with egg slices.

Line large platter with lettuce; arrange tomatoes on lettuce.

Toss shrimp with celery; mound in center of

*tomato stacked salad*







*warsaw salad*

## SALADS • VEGETABLE

platter. Garnish with parsley; serve with mayonnaise. Yield 6 servings.

### tomato stacked salad

**3 cups chopped fresh tomatoes**

**2 cups chopped onions**

**1 cup whole pitted black olives**

**1 cup chopped green sweet peppers**

**1 tablespoon sliced black olives**

**1 recipe Vinaigrette Aux Fines Herbes (see Index)**

Place 1 cup tomatoes in tall, narrow serving container. Add  $\frac{1}{2}$  cup onions, then  $\frac{1}{2}$  cup whole olives. Place  $\frac{1}{2}$  cup peppers over olives; add  $\frac{1}{2}$  cup onions. Add 1 cup tomatoes, then  $\frac{1}{2}$  cup onions. Place remaining whole olives over onions; add remaining green peppers. Add remaining onions; place remaining tomatoes on top. Garnish with sliced olives. Pour vinaigrette over tomato mixture; cover. Chill overnight. Remove cover; drain tomato mixture just before serving. Yield 8 to 10 servings.

### warsaw salad

**2 medium-size cucumbers**

**6 large white radishes**

**2 Delicious apples**

**$\frac{1}{2}$  cup sour cream**

**2 tablespoons lemon juice**

**1 tablespoon finely chopped fresh parsley**

**1 teaspoon black pepper, peppermill-ground**

Wash cucumbers and radishes thoroughly; slice paper-thin; combine.

Wash apples; core; slice thin. Add to vegetables; toss to mix.

Combine sour cream and lemon juice.

To serve, place vegetable and fruit mixture in serving bowl; top with dressing. Garnish salad with chopped parsley and freshly ground black pepper. Yield 4 servings.

### zucchini salad

**3 medium zucchini**

**1 medium onion, sliced, separated into rings**

**Juice of 2 lemons (3 tablespoons)**

**$\frac{1}{2}$  cup olive oil**

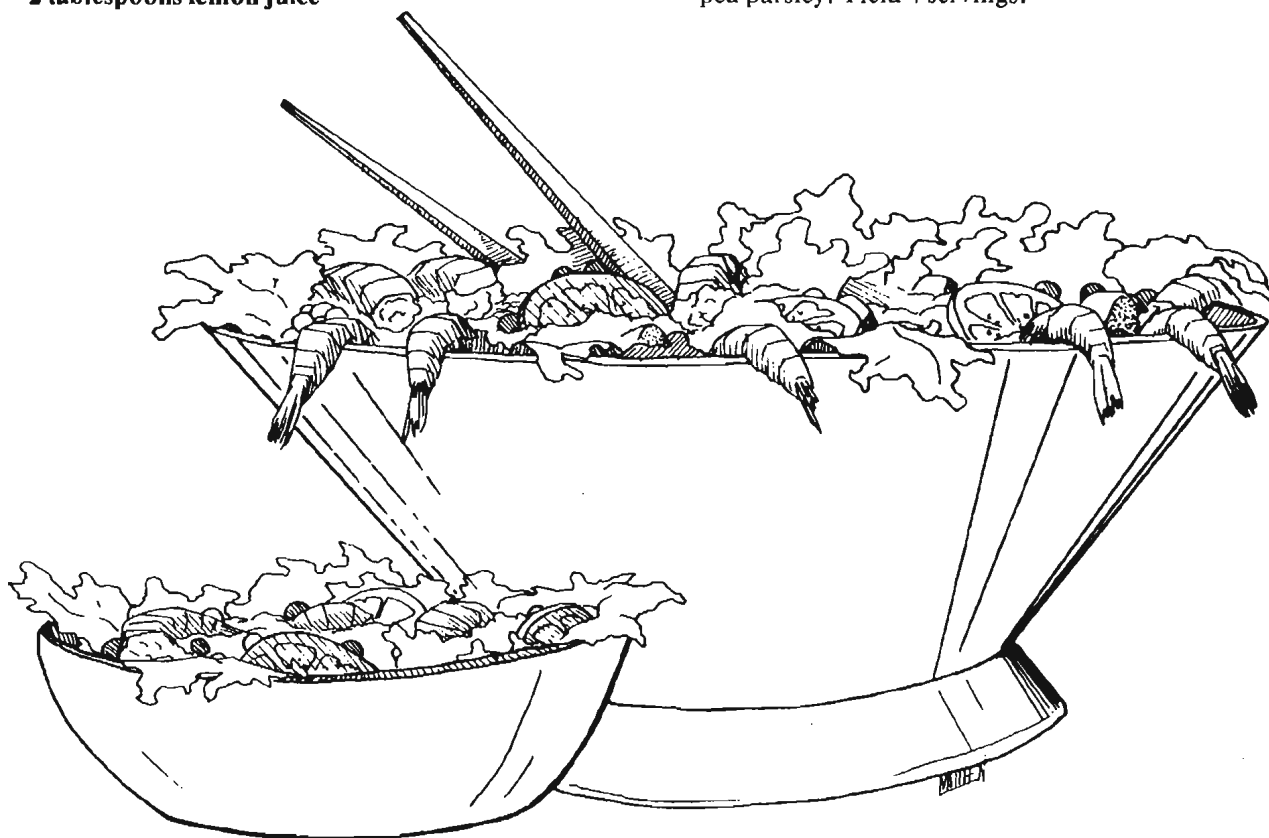
**$\frac{1}{4}$  teaspoon oregano**

**$\frac{3}{4}$  teaspoon salt**

**Chopped parsley**

Wash zucchini well under cold running water. Trim off stem; slice very thin. Place in large bowl; cover with boiling water. Let stand 5 minutes; drain well. Return to bowl; add onion.

Combine the lemon juice, oil, oregano, and salt; pour over zucchini. Mix gently; marinate several hours before serving. Garnish with chopped parsley. Yield 4 servings.





# SANDWICHES

## chilled pinwheels

1 loaf close-textured bread  
Creamed butter, softened cheese, or any very smooth spread  
Green-pepper strips  
Pimiento strips  
About 4 stuffed olives (optional)  
Soft butter

Remove crusts from top and sides of bread. With sharp knife, cut bread lengthwise in slices  $\frac{1}{8}$  to  $\frac{1}{4}$  inch thick; discard bottom crust. Spread long slices of bread with creamed butter. Lay alternating strips of green pepper and pimiento crosswise, 1 inch apart, over entire strip of bread; or lay olives lengthwise on one end of bread. Beginning at one end, roll bread as for jelly roll. Spread a little soft butter on last lap of bread to make it stick; wrap rolls in waxed paper. Place in refrigerator to chill. When ready to serve, slice about  $\frac{1}{4}$  inch thick. Yield 6 servings.

## giant hero sandwich

1 (3-ounce) package cream cheese, softened  
Mayonnaise  
1 long loaf French bread  
Prepared mustard  
Ham slices  
Salami slices  
Sliced cooked pork

*giant hero sandwich*

Bologna slices  
Liver-sausage slices  
Swiss-cheese slices  
Fresh tomato wedges  
Green and ripe olives  
Small pickled onions  
Gherkins  
Endive  
Watercress

Place cream cheese in small bowl; stir in enough mayonnaise to make smooth mixture of spreading consistency.

Cut bread in half lengthwise; spread each half with cheese mixture, then mustard. Arrange remaining ingredients on bottom half of bread; place top half over filling. Cut diagonally into 6 pieces to serve. Yield 6 servings.

## greek meat pockets

$\frac{1}{4}$  cup oil  
1 onion, finely chopped  
1 garlic clove, chopped  
1 small eggplant, peeled, cut into 1-inch cubes  
1 large tomato, chopped  
1 cup tomato juice  
 $\frac{1}{4}$  teaspoon crumbled oregano  
Salt and pepper to taste  
3 cups thinly sliced leftover meat (beef, lamb, or pork)  
8 Mid-East pocket breads



## SANDWICHES

**½ cup finely crumbled feta or farmer cheese**

Heat oil in skillet; sauté onion and garlic 5 minutes. Add eggplant and tomato; stir over high heat until tomatoes are mushy. Stir in tomato juice and oregano. Add salt and pepper; cover. Simmer 15 to 20 minutes, until eggplant is tender and mixture thick. Add meat; stir over low heat until hot and bubbly. Heat in 400°F oven 5 minutes, if desired. Cut ¼-inch piece from top of each pocket; open. Fill with hot mixture; sprinkle with crumbled cheese. Yield 8 servings.

### grilled peanut butter–cheese sandwiches

**¾ cup peanut butter**

**12 slices bread**

**6 thin slices cheese**

**Margarine or butter for browning**

Spread peanut butter on 6 slices of bread. Top each with slice of cheese. Cover with another slice of bread.

Spread a little margarine in heated fry pan. Put sandwiches in pan. Cook over low heat until cheese melts and sandwiches are browned on one side. Turn sandwiches; put a little more margarine under each. Brown other side. Yield 6 sandwiches.

### ham sandwich loaf

**1 loaf uncut bread**

**½ pound cooked ham, chopped**

**1 can (about 3½ ounces) pimientos, drained, chopped**

**Mayonnaise**

**1 cup sweet pickle**

**2 hard-boiled eggs**

**Butter**

**1 to 1½ cups cream cheese**

Remove all crusts from bread; and cut lengthwise into 4 equally thick slices.

Combine ham and pimientos; add enough mayonnaise to make spreadable paste.

Chop pickle and eggs together; moisten with mayonnaise.

Spread 1 slice of bread with butter, then with half the ham mixture. Butter both sides of second slice of bread; press over first slice. Spread with egg mixture. Butter both sides of third slice of bread; press on top of egg mixture; spread with remaining ham mixture. Butter bottom of top slice; press into position. Place reshaped loaf onto serving platter; spread top and sides with thick layer of cream cheese. If this does not spread easily, soften with a little cream or milk. Refrigerate 3 to 4 hours; cut through in slices. Yield 7 or 8 servings.

### monte cristo sandwich

**8 slices bread**

**2 eggs**

**½ cup milk**

**½ teaspoon salt**

**Pinch of pepper**

**Sliced breast of chicken or turkey**

**4 slices cooked ham**

**4 slices Swiss cheese**

**Prepared mustard**

**Butter for frying**

Cut crusts from bread.

Beat eggs, milk, salt, and pepper together; dip bread slices in mixture. Let soak well; drain. Arrange some thin slices of chicken on 4 bread slices. Cover with slice of ham; top with slice of cheese. Spread lightly with mustard; cover each with another slice of bread. Press down well; cut across diagonally.

Heat butter in skillet; fry sandwiches until brown and crisp; turn once. Serve hot. Yield 4 servings.

*ham sandwich loaf*





## SANDWICHES



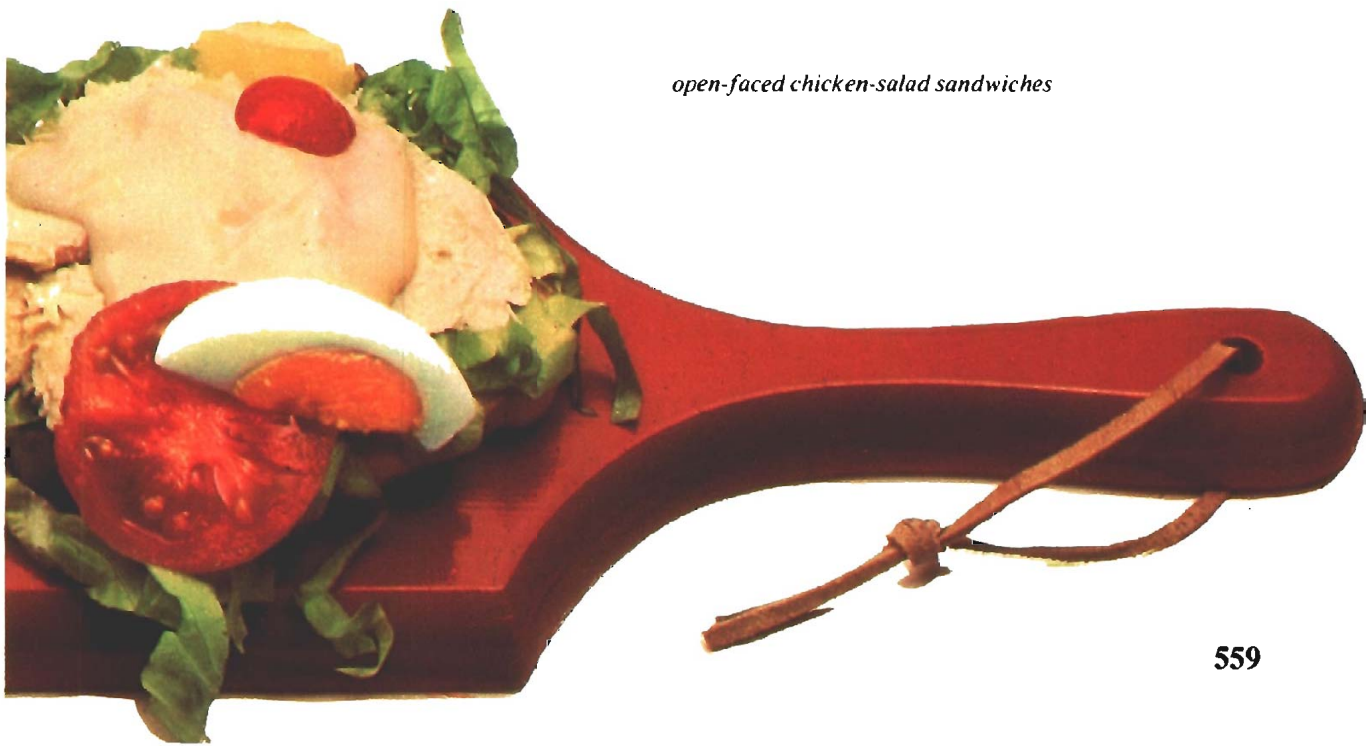
*monte cristo sandwich*

### open-faced chicken-salad sandwiches

- 4 slices toast
- ½ head Bibb lettuce, thinly sliced
- 8 to 12 ounces cooked chicken-breast meat, thinly sliced

#### *dressing*

- ⅓ cup plain yogurt (can be part mayonnaise)



- 1 teaspoon horseradish
- 1 tablespoon catsup
- 2 tablespoons orange juice
- 1 tablespoon brandy
- Salt and pepper to taste

#### *topping*

- 2 hard-cooked eggs, sliced or cut into wedges
- 2 medium tomatoes, sliced
- 8 canned pineapple chunks
- 2 maraschino cherries, halved

Top toast slices with lettuce. Arrange chicken on top.

Combine dressing ingredients; pour over chicken. Garnish each sandwich with egg, tomato, pineapple, and half a cherry. Serve at once. Yield 4 servings.

### pizza burgers

- 1½ pounds ground beef
- ½ cup chopped onion
- ¾ teaspoon garlic salt
- ¼ teaspoon pepper

#### *sauce*

- 2 cups peeled Italian-style tomatoes, broken up with fork
- 1 (8-ounce) can tomato sauce
- ¼ cup chopped canned mushrooms
- 1 teaspoon crumbled dried oregano
- 6 large French rolls, split (or small individual French bread loaves)
- 8 ounces mozzarella cheese, sliced

Combine beef, onion, garlic salt, and pepper; form into 6 patties size and shape of rolls.

*open-faced chicken-salad sandwiches*



#### *salmon and cheese rolls (hot)*

Combine tomatoes, tomato sauce, mushrooms, and oregano in saucepan; heat. Broil burgers until done to taste; place on bottom half of rolls. Top with some sauce and cheese; garnish with additional tablespoon of sauce. Return to broiler until the cheese melts. Serve open-face or topped with other half of roll. Yield 6 servings.

### **salmon and cheese rolls (hot)**

**1 small can salmon**  
**1 package frozen peas**  
**1 small can evaporated milk**

**Salt and pepper**

**Lemon juice**

**4 hamburger rolls**

**Butter**

**4 slices American or processed cheese**

Drain and flake fish. Add peas and evaporated milk; season with salt, pepper, and lemon juice. Stir over low heat until mixture is smooth and creamy.

Split rolls; spread with butter. Put slice of cheese on half of each one. Pile some hot fish mixture on top; cover with other half of roll. Serve at once. Yield 4 servings.

### **sardine, ham, and bacon sandwich**

**12 sardines**  
**1 cup chopped cooked ham**

**2 tablespoons chopped sweet pickles**

**1 teaspoon prepared mustard**

**1 teaspoon catsup**

**1 teaspoon lemon juice**

**12 slices bread or toast**

**2 tablespoons shredded lettuce**

**1 tablespoon mayonnaise**

**12 slices broiled bacon**

Remove skin and bones from sardines; chop with ham and pickles. Add mustard, catsup, and lemon juice; mix well. Spread on 6 slices buttered bread. Sprinkle with lettuce; dot with mayonnaise. Arrange 2 slices bacon on each sandwich; top with another slice buttered bread. Yield 6 servings.

### **spanish sandwiches**

**2 tablespoons chopped pimiento**

**2 tablespoons chopped onion**

**1 tablespoon butter**

**1 cup tomato juice**

**1 cup grated cheese**

**½ teaspoon salt**

**Dash of paprika**

**1 egg, well beaten**

**4 slices buttered toast**

Sauté pimiento and onion in butter 5 minutes. Add tomato juice, cheese, salt, and paprika; cook 5 minutes or until cheese is melted. Stir small amount into egg. Return to hot mixture; cook 2 minutes. Serve on hot toast. Yield 4 servings.





*sunday double-decker sandwich*

## **sunday double-decker sandwich**

**8 slices white bread**  
**½ cup butter**  
**8 slices bacon, halved**  
**2 teaspoons mustard (optional)**  
**4 large tomatoes, sliced**  
**1 cup chopped onion**  
**8 slices American cheese (or 4 cups grated cheese)**

Preheat broiler.

Remove bread crusts; toast bread on one side only. Spread untoasted side with butter; lay bacon slices on bread. Broil until bacon is cooked; spread with mustard. Place tomatoes on bacon. Brush with a little melted butter; broil a few minutes. Sprinkle onion over tomato; broil another minute. Cover with cheese. (If using grated cheese, make sure tomatoes are thickly covered). Broil until cheese bubbles. Pile one on top of another to make 4 sandwiches; broil again until top layer of cheese is well browned. Serve at once. Yield 4 servings.

## **tuna danish slim sandwich**

**2 (6½- or 7-ounce) cans water-packed tuna**  
**1 cup coarsely grated cabbage**  
**⅔ cup coarsely grated carrot**  
**3 tablespoons low-calorie salad dressing**  
**(mayonnaise-type)**  
**1 tablespoon catsup**  
**1 tablespoon lemon juice**  
**½ teaspoon salt**  
**Dash of pepper**  
**6 lettuce leaves**  
**6 slices low-calorie bread, toasted**  
**18 cucumber slices**

Drain tuna; flake.

Combine cabbage, carrot, and tuna.

Combine dressing, catsup, lemon juice, salt, and pepper. Add to tuna mixture; blend thoroughly.

Place lettuce on toast. Place approximately ⅓ cup tuna salad on each lettuce leaf. Arrange 3 cucumber slices diagonally across each sandwich. Yield 6 servings.

# SAUCES AND DRESSINGS

## DESSERT SAUCES

### basic chantilly cream

- 1 cup whipping cream
- 2 tablespoons confectioners' sugar
- 1 teaspoon apricot or peach brandy (optional)
- 1 egg white, stiffly beaten

Whip cream with electric mixer until stiff peaks form. Add confectioners' sugar, 1 tablespoon at a time, beating in gently. Add brandy, small amount at a time. Fold in egg white gently but thoroughly.

### blueberry sauce

- 1 pint fresh blueberries
- $\frac{1}{3}$  cup sugar
- Pinch of salt
- 1 tablespoon cornstarch
- 2 tablespoons water
- 1 tablespoon lemon juice

Rinse berries; drain well.

Mix sugar, salt, cornstarch in saucepan. Add water and lemon juice; stir until dissolved. Add berries; bring to boil. Boil 1 to 2 minutes, until clear and slightly thickened; stir carefully to avoid crushing berries. Serve warm or chilled. Yield 1½ cups.

### caramel sauce

- 1 tablespoon butter
- 2 tablespoons brown sugar
- 2 teaspoons Golden Syrup
- 2 tablespoons condensed milk
- Pinch of salt
- 4 tablespoons hot water

Melt butter in saucepan. Add remaining ingredients, except water. Stir over heat until mixture is thick and turns rich caramel color. When mixture leaves sides of pan, remove pan from heat; add hot water, a little at a time. Return to heat; simmer 2 to 3 minutes; let cool. Serve with ice cream, pancakes, or cake.

### flaming sauce of brandied fruits

- 2 canned peach halves
- 2 canned pear halves
- 2 canned pineapple slices
- 12 canned bing cherries
- 1 California orange
- 12 seedless grapes
- 2 cups syrup drained from canned fruit
- 6 tablespoons brandy

### 1 quart vanilla ice cream

Cut each peach and pear half and pineapple slice into 3 pieces. Halve cherries. Peel orange; remove all membrane; section.

Combine prepared fruit with grapes, syrup, and 2 tablespoons brandy; cover. Let stand at room temperature 2 or 3 hours. To serve, heat fruit mixture in chafing dish. Heat remaining brandy; ignite. Add, flaming, to warmed fruit and syrup. When flame dies, spoon fruit and syrup over ice cream. Yield 6 servings.

*Note: Fruits can be varied to suit availability and taste.*

### fruit sauce

- 2 to 4 tablespoons sugar
- 2 tablespoons cornstarch
- 2 cups liquid from canned fruits
- 1 tablespoon lemon juice
- 1 cup crushed, drained, canned fruit (optional)

Mix sugar and cornstarch in pan. Stir in fruit liquid; cook and stir until thickened. Stir in lemon juice and crushed fruit. Serve hot or cold on pancakes, plain cake, ice cream, custard, or pudding. Yield about 2 cups without fruit, 3 cups with fruit.

### hard sauce

- 1 cup butter, softened
- 1 (1-pound) box confectioners' sugar, sifted
- $\frac{1}{4}$  cup brandy

Cream butter with electric mixer until light. Add sugar gradually; beat until fluffy. Add brandy; blend well. Serve immediately. Store any remaining sauce in refrigerator. Bring to room temperature before serving. Yield about 3 cups.

### calvados sauce

Omit brandy; substitute equal amount Calvados or strong cider.

### hot-fudge sauce

- 1½ cups granulated sugar
- $\frac{1}{2}$  cup brown sugar
- $\frac{3}{4}$  cup cocoa
- $\frac{1}{4}$  cup flour
- $\frac{1}{2}$  teaspoon salt
- 1 (14½-ounce) can evaporated milk
- 2 tablespoons butter
- 1 cup water
- 2 teaspoons vanilla

Combine sugars, cocoa, flour, and salt in medium saucepan. Add milk, butter, and water. Cook over medium heat, stirring constantly, until boiling; cook 5 minutes. Cool; stir in vanilla.



## lemon sauce

**⅓ cup sugar**  
**2 tablespoons cornstarch**  
**⅓ cup lemon juice**  
**1¼ cups water**  
**½ teaspoon grated lemon rind**  
**Pinch of salt**  
**¼ cup butter**

Combine sugar and cornstarch in small saucepan. Stir in lemon juice and water. Add lemon rind and salt. Place over medium heat; cook, stirring constantly, until thickened and clear. Remove from heat; stir in butter. Yield about 1½ cups.

## melba sauce

**2 cups fresh raspberries or strawberries**  
**2 tablespoons water**  
**2 tablespoons sugar**  
**Juice of ½ lemon**  
**1 teaspoon arrowroot or cornstarch**  
**1 tablespoon cold water**

Wash berries; place in small saucepan with 2 tablespoons water, sugar, and lemon juice. Simmer together gently 5 minutes; press through fine sieve. Return to clean saucepan; thicken with arrowroot dissolved in cold water. Chill before serving.

## rhubarb–strawberry dessert sauce

**3 cups 1-inch pieces fresh rhubarb**  
**1 cup sugar**  
**1 cup halved fresh strawberries**  
**1 tablespoon cornstarch**  
**2 tablespoons water**

Combine rhubarb, sugar, and ⅓ cup water in saucepan; bring to boil. Reduce heat; cover. Simmer 5 minutes. Add strawberries; cook until strawberries are tender, 2 to 3 minutes.

Blend together cornstarch and 2 tablespoons water; add to rhubarb mixture. Cook, stirring constantly, until mixture thickens and boils; remove from heat. Chill in refrigerator until serving time. Yield 3 cups.

## sweet cream-cheese sauce

**3 tablespoons heavy cream**  
**2 (3-ounce) packages cream cheese**  
**1 teaspoon vanilla**  
**1 egg white**  
**2 tablespoons sugar**  
**⅛ teaspoon salt**

Blend cream into cheese. Add vanilla.

Beat egg white stiff. Add sugar and salt; fold into cheese mixture. This is good on fresh, frozen,

or canned fruit, but is especially recommended on berries, stewed peaches, and baked apples. Yield 1½ cups.

*Note: When topping is used on frozen strawberries, flavor with kirsch instead of vanilla.*

## vanilla sauce

**2 cups milk**  
**1 vanilla pod**  
**3 eggs**  
**4 tablespoons sugar**  
**¾ cup stiffly whipped cream**

Pour milk in small heavy saucepan. Add vanilla pod; heat to just under boiling point. Remove vanilla pod; wipe dry; store.

Beat eggs until lemon-colored. Pour small amount hot milk over eggs; stir constantly. Return to remaining hot milk in saucepan; cook, stirring constantly, over low heat about 20 minutes, until thick. Remove from heat; stir in sugar. Let cool; fold in whipped cream gradually.

One teaspoon vanilla extract can be substituted for vanilla pod. Add to custard after removing from heat.

# GENERAL SAUCES

## barbecue sauce I

**1 teaspoon salt**  
**1 teaspoon chili powder**  
**¼ cup brown sugar**  
**1 cup tomato sauce**  
**¼ cup vinegar**  
**1 onion, finely chopped**  
**¼ cup Worcestershire sauce**  
**1 teaspoon celery seed**  
**2 cups water**

Combine all ingredients; simmer slowly ½ hour. Use with any kind of meat; especially good with corned beef. Yield about 5 cups.

## barbecue sauce II

**½ cup butter**  
**1 large onion, chopped**  
**½ clove garlic, crushed**  
**1 (14-ounce) bottle catsup**  
**2 tablespoons brown sugar**  
**1 tablespoon Worcestershire sauce**  
**⅓ cup red wine vinegar**  
**1 cup water**  
**¼ teaspoon salt**  
**¼ teaspoon pepper**  
**½ cup cola beverage**

Melt butter in saucepan. Add onion and garlic; cook over low heat about 5 minutes. Add remain-

## SAUCES AND DRESSINGS • GENERAL SAUCES

ing ingredients except cola; simmer about 20 minutes. Remove from heat; add cola. Excellent for meats and poultry.

### barbecue sauce III

$\frac{1}{3}$  cup salad oil  
 $\frac{1}{2}$  cup finely chopped celery  
1 small green pepper, finely chopped  
 $\frac{3}{4}$  cup firmly packed brown sugar  
 $\frac{3}{4}$  cup red-wine vinegar  
2 tablespoons minced chives  
2 teaspoons dry mustard  
1 tablespoon Worcestershire sauce  
2 teaspoons sea salt or table salt  
1 teaspoon freshly ground pepper

Pour oil in small saucepan. Add celery and green pepper; simmer, covered, about 10 minutes, until vegetables are soft. Puree in blender. Add remaining ingredients; mix thoroughly. Can be stored in covered jar in refrigerator. Must be stirred before use, to blend ingredients. Use as basting sauce for barbecuing pork and chicken.

### béarnaise sauce

$\frac{1}{4}$  cup white vinegar  
 $\frac{1}{4}$  cup dry white wine  
1 tablespoon minced green onion  
1 teaspoon dried tarragon  
3 peppercorns  
3 egg yolks  
1 tablespoon warm water  
 $\frac{1}{2}$  cup butter  
 $\frac{1}{4}$  teaspoon salt

Boil vinegar, wine, onion, tarragon, and peppercorns in small saucepan until liquid has reduced to 2 tablespoons. Pour liquid through fine sieve.

In top of double boiler, over just-simmering water, blend egg yolks and warm water until creamy. (Bottom of double boiler should not touch water.)

Melt butter over low heat. Add by  $\frac{1}{2}$  teaspoons to yolk mixture; beat well with wire whip after each addition. (Set bottom of pan in cold-water bath if eggs start to look like scrambled eggs.) After some butter has been added, up to 1 teaspoon butter can be added at one time. Leave white residue in bottom of butter pan. After butter is added, stir in vinegar mixture and salt. Yield about  $\frac{3}{4}$  cup.

### bouquet garni

1 parsley stalk  
1 bay leaf  
2 sprigs thyme  
1 sprig marjoram (optional)

Combine all ingredients in small piece of muslin or double thickness of cheesecloth; tie securely with string.

### brown sauce

2 tablespoons butter  
 $\frac{1}{4}$  cup flour  
4 cups Basic Beef Stock (see Index) or diluted canned bouillon  
1 cup chopped tomatoes  
1 cup Mirepoix (see Index)

Melt butter in small saucepan; blend in flour to make smooth paste. Cook and stir over low heat until mixture is browned. Add stock gradually, stirring constantly, until smooth. Add tomatoes; simmer 3 minutes. Add Mirepoix; simmer until sauce is reduced by half, stirring occasionally. Strain sauce through fine sieve; serve immediately.

### buerre manié

A classic recipe used to thicken sauces and gravies.

2 tablespoons soft butter  
 $\frac{1}{4}$  cup all-purpose flour  
Combine butter and flour in small bowl; mix until well blended. Roll mixture into small balls. Drop into boiling liquid, one by one; stir constantly with whisk.

### chili-horseradish sauce

1 cup mayonnaise  
 $\frac{1}{3}$  cup chili sauce  
3 tablespoons prepared horseradish

Combine ingredients in small bowl; mix well. Chill before serving. Yield about  $1\frac{1}{2}$  cups.

### chinese sweet-and-sour sauce

$\frac{3}{4}$  cup sugar  
2 tablespoons soy sauce  
1 tablespoon dry white wine  
3 tablespoons wine vinegar  
3 tablespoons catsup  
2 tablespoons cornstarch  
 $\frac{1}{2}$  cup water

Combine sugar, soy sauce, wine, vinegar, and catsup in saucepan; bring to boil.

Dissolve cornstarch in water; add to sauce. Cook over low heat, stirring, until sauce has thickened. Yield 1 to  $1\frac{1}{4}$  cups.

### chives butter

$\frac{1}{2}$  cup unsalted butter, softened  
 $\frac{1}{4}$  cup finely chopped chives  
Salt and freshly ground pepper to taste



Place butter and chives in bowl; beat until creamy. Add salt and pepper; mix well.

Cover top of small plate with plastic wrap. Place Chives Butter on plastic wrap; shape into ½-inch-deep circle. Refrigerate until hard; cut into circles with 1-inch canapé or cookie cutter. Remove plastic wrap from plate; push out circles from plastic-wrap side. Chives Butter can be kept in covered container in refrigerator at least 10 days.

## clam sauce

**2 tablespoons butter or margarine**

**1 tablespoon flour**

**1 teaspoon garlic salt**

**2 (8-ounce) cans minced clams with liquid**

**1 teaspoon parsley**

**1 teaspoon salt**

**½ teaspoon pepper**

Melt butter in medium skillet on low heat; stir in flour and garlic salt with wire whisk. Add liquid from clams; continue to stir. Add seasonings; add clams last. Simmer 10 minutes. Good over cooked thin spaghetti. Yield 4 to 6 servings.

## creole sauce

**2 tablespoons vegetable oil**

**2 tablespoons chopped onion**

**2 tablespoons chopped green pepper**

**¼ cup sliced mushrooms**

**2 cups canned tomatoes**

**½ teaspoon salt**

**⅛ teaspoon pepper**

**2 to 3 drops Tabasco sauce**

**½ teaspoon basil**

Heat oil; cook onion, green pepper, and mushrooms over low heat about 5 minutes. Add tomatoes and seasonings; cook until sauce is thick, about 40 minutes. Use with meat, fish, or poultry. Yield about 2½ cups.

## curry sauce

**¼ cup butter**

**⅓ cup finely chopped onion**

**¼ cup all-purpose flour**

**4 teaspoons curry powder**

**2 teaspoons sugar**

**1 teaspoon salt**

**¼ teaspoon ginger**

**⅛ teaspoon white pepper**

**2 cups milk**

**2 teaspoons lemon juice**

Melt butter in medium saucepan over low heat. Add onion; sauté, stirring occasionally, about 5 minutes, until golden. Remove from heat.

Combine flour, curry powder, sugar, salt, ginger, and pepper; stir into onion mixture. Return to heat; add milk gradually, stirring constantly. Cook over medium heat, stirring constantly, until mixture comes to boil. Reduce heat; simmer until thick. Stir in lemon juice. Serve with poultry, rice, or potatoes. Yield about 1½ cups.

## duk sauce and hot mustard

**1 cup red plum jam**

**1 cup chutney**

**6 tablespoons dry mustard**

**¼ cup dry white wine**

Combine jam and chutney in small bowl; blend thoroughly. Serve Duk Sauce hot or cold.

Place dry mustard in small bowl; stir in small amount wine until smooth. Add remaining wine gradually; blend thoroughly.

Serve sauce and mustard separately in small individual bowls. Yield 2 cups sauce; ½ cup mustard.

## egg sauce

**Grated rind of 1 lemon**

**1 tablespoon finely chopped parsley**

**2 hard-boiled eggs, chopped**

**Salt and white pepper to taste**

**1 recipe White Sauce (see Index)**

**1 tablespoon butter**

Fold lemon rind, parsley, eggs, and seasoning into hot White Sauce; stir in butter. Serve with vegetables or seafood. Yield about 3 cups.

## garlic butter

**½ cup butter, softened**

**2 small cloves garlic, pressed**

**1 teaspoon finely chopped fresh parsley**

**½ teaspoon salt**

Cream butter until light. Add remaining ingredients; mix until well blended. Store in refrigerator in airtight container until needed.

## garlic sauce (pungent)

**5 small cloves garlic, pressed**

**2 eggs**

**1 egg yolk**

**½ teaspoon salt**

**2 cups olive oil**

Combine garlic, eggs, egg yolk, salt, and ¼ cup oil in blender container; cover. Blend about 5 seconds. Continue blending, adding remaining oil very slowly, as for mayonnaise. This is a thick mayonnaise-like sauce that can be served with pastas, vegetables, or bread. Yield 2½ cups.

## génoise sauce

2 tablespoons butter  
 ½ cup olive oil  
 1½ cups finely chopped onions  
 1 carrot, grated  
 ½ cup finely diced celery  
 ½ pound fresh mushrooms, finely chopped  
 1 pound ground veal  
 2 cups chopped skinned tomatoes  
 2 tablespoons all-purpose flour  
 ¾ cup dry red wine  
 1 cup beef broth  
 Salt and freshly ground pepper to taste

Combine butter and oil in heavy frypan; heat until sizzling. Add onions; cook 3 minutes. Add carrot, celery, and mushrooms; cook, stirring frequently, about 5 minutes. Stir in veal; cook, stirring constantly, until well broken up and lightly browned. Add tomatoes; stir to mix well. Sprinkle flour over mixture; stir to mix well. Stir in wine gradually; stir in beef broth. Season with salt and pepper. Simmer about 2 hours, until thick; stir occasionally. Yield about 4 cups.

## green mayonnaise tempura sauce

½ cup frozen spinach, thawed  
 1 tablespoon chopped fresh parsley  
 2 tablespoons chopped chives  
 1 teaspoon crumbled dried dillweed  
 1 cup mayonnaise

Drain spinach well; squeeze out any moisture. Place spinach, parsley, chives, and dillweed in blender container; process until pureed. Combine puree and mayonnaise in small bowl; mix well. Chill before serving. Yield about 1½ cups.

## herb butter

4 ounces softened butter  
 1 tablespoon finely chopped parsley  
 1 tablespoon finely chopped chives  
 1 teaspoon dried chervil  
 1 teaspoon dried tarragon  
 1 tablespoon grated shallots or onion  
 Dash of pepper

Blend all ingredients; spoon onto sheet of waxed paper. Shape into roll about ½-inch in diameter; refrigerate until ready to use. Cut into 4 thick slices before serving. Yield 4 thick slices.

## hollandaise sauce I

½ cup butter  
 4 egg yolks, well beaten  
 2 to 2½ tablespoons lemon juice  
 Pinch of white pepper

⅓ teaspoon salt

Melt 2 tablespoons butter in top of double boiler; pour gradually into beaten egg yolks, stirring constantly. Return to pan; place pan in or over hot water. Add remaining butter by tablespoons; stir after each tablespoon until melted. Remove from heat; stir in lemon juice, pepper, and salt.

## hollandaise sauce II (mock)

3 tablespoons butter or margarine  
 3 tablespoons flour  
 1 cup milk  
 2 egg yolks, slightly beaten  
 2 tablespoons lemon juice  
 Salt and pepper

Heat butter; stir in flour. Cook 1 minute. Add milk; whisk until smooth. Remove from heat. Whisk in egg yolks; cook 1 minute. Stir in lemon juice; season to taste. Serve with asparagus, broccoli, or spinach. Yield about 1 cup.

## horseradish sauce

½ cup plain yogurt (can be part mayonnaise)  
 3 tablespoons prepared horseradish  
 1 tablespoon orange juice  
 Salt and white pepper to taste  
 ¼ teaspoon sugar

Thoroughly blend yogurt, horseradish, and orange juice. Season with salt, pepper, and sugar. Serve with beef or seafood. Yield ¼ cup.

## italian meat sauce

¼ cup butter  
 ½ cup olive oil  
 1½ cups finely chopped onions  
 1 cup grated carrots  
 ½ cup finely chopped celery  
 2½ cups finely chopped mushrooms and stems  
 2 teaspoons finely chopped parsley  
 2 pounds lean ground beef  
 2 tablespoons all-purpose flour  
 2 tablespoons tomato puree  
 1 cup red wine  
 3½ cups beef broth  
 Salt and freshly ground pepper to taste

Combine butter and oil in large frypan; heat. Add onions; sauté 1 minute. Add carrots, celery, mushrooms, and parsley; cook, stirring frequently, 5 minutes. Crumble in ground beef; cook, stirring frequently, until lightly browned. Sprinkle flour over beef; stir until well blended. Stir in tomato puree. Add wine gradually; stir constantly. Add beef broth; season with salt and pepper. Simmer, stirring occasionally, about 1 hour, until thick. Serve with pastas. Yield about 5 cups.



## italian meat sauce II

- 1 pound ground beef
- 1 large onion, finely chopped
- 1 green pepper, finely chopped
- 2 stalks celery, finely chopped
- 2 cups tomato sauce
- 2 cups cooked or canned tomatoes
- 1 teaspoon salt
- ¼ teaspoon pepper

Crumble beef in heated frypan; cook and stir until lightly browned. Add onion, green pepper, and celery; cook until tender. Add tomato sauce, tomatoes, salt, and pepper; cover. Cook slowly about 1 hour, until thickened. Serve over hot cooked spaghetti or macaroni. Yield 6 servings.

## lemon cucumber sauce

- 1 cup mayonnaise
- 1 cup grated, drained cucumber
- 3 tablespoons lemon juice
- ½ teaspoon prepared mustard
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 2 tablespoons minced chives

Combine all ingredients. Serve over fish mousse, fish salads, or baked fish. Yield 1½ cups.

## maître d'hôtel butter

- ½ cup softened butter
- Strained juice of ½ lemon
- Salt and pepper to season
- 1 heaped tablespoon chopped parsley leaves

Blend all ingredients in small mixing bowl. Shape mixture into round or square pat; refrigerate until ready to use.

## marinade for beef

- 1 cup Burgundy
- ½ cup olive oil
- 2 parsley stalks
- 2 sprigs tarragon
- 2 sprigs thyme
- 1 bay leaf

Combine all ingredients in small container with lid; cover. Shake to mix well.

Can substitute ⅛ teaspoon dried tarragon leaves and thyme leaves for fresh tarragon and thyme.

## marinade for fish

- 1 cup dry white wine
- 4 peppercorns
- 2 teaspoons slivered lemon peel
- 4 parsley stalks
- ¼ cup olive oil

Combine all ingredients in small container with lid; cover. Shake to mix well. Can be stored in covered container in refrigerator. Shake well before using.

## marinade for game

- ¾ cup port
- 1¼ cups olive oil
- 3 sprigs tarragon
- 2 parsley stalks
- 1 large celery stalk, coarsely chopped
- 1 small onion, thinly sliced
- 6 peppercorns
- ⅛ teaspoon sage
- 1 teaspoon slivered lemon peel

Combine all ingredients in small container with lid; cover. Shake to mix well. Marinate game according to recipe directions.

## marinade for lamb

Substitute Bordeaux-type wine for Burgundy in Marinade for Beef (see Index).

## mirepoix (for brown sauce)

- 2 teaspoons butter
- 2 teaspoons cooking oil
- 1 medium carrot, coarsely grated
- 1 medium onion, coarsely grated
- 1 stalk celery, finely chopped
- ⅛ teaspoon dried thyme leaves
- 1 bay leaf, crushed
- 2 tablespoons sherry

Melt butter in small heavy saucepan; add oil. Add carrot, onion, and celery; sauté until soft. Add remaining ingredients; simmer until vegetables are tender. Yield 1 cup.

## mornay (cheese) sauce

- 1 tablespoon butter
- 1 tablespoon flour
- 1 cup milk
- 3 tablespoons grated Swiss or Gruyère cheese
- 1 tablespoon grated Parmesan cheese
- ½ teaspoon mild prepared mustard, preferably Dijon-type

Salt and pepper to taste

Melt butter in small saucepan; remove from heat. Add flour; stir with wire whisk. Return to moderate heat. Add milk gradually; stir constantly until thickened. Add remaining ingredients.

## mustard sauce

- 2 tablespoons Dijon mustard
- 1 tablespoon dry English mustard

## SAUCES AND DRESSINGS • GENERAL SAUCES

### 1 cup whipping cream

Combine mustards; mix to smooth paste.

Whip cream in small bowl until soft peaks form. Stir small amount whipped cream into mustard mixture; blend well. Beat mustard mixture into whipped cream until just blended. Serve as dip for vegetables or for meat fondues.

### rémoulade sauce

1 cup mayonnaise

1 tablespoon lemon juice

2 tablespoons finely chopped capers

2 teaspoons Dijon mustard

1 teaspoon minced parsley

2 teaspoons chopped chives

$\frac{3}{4}$  teaspoon anchovy paste

Combine all ingredients in small mixing bowl. Stir gently with a wooden spoon until blended. Place in airtight container; refrigerate.

### seafood sauce

1 cup mayonnaise or salad dressing

1 bunch watercress, chopped

1 tablespoon lemon juice

1 tablespoon minced onion

1 teaspoon Worcestershire sauce

Place all ingredients in bowl; mix well. Chill to allow flavors to blend. Yield about 2 cups.

### shrimp sauce cantonese-style

$\frac{1}{4}$  cup minced pork

2 tablespoons vegetable oil

1 pound cooked shrimp, cut into bite-size pieces

1 teaspoon grated ginger root

3 cloves garlic, grated

1 tablespoon Chinese black beans (dow sei), washed, mashed

1 cup chicken broth or water

1 teaspoon soy sauce

1 teaspoon salt

1 teaspoon sugar

2 tablespoons dry sherry

1 tablespoon cornstarch in 2 tablespoons cold water

1 egg, beaten

Scallion leaves, sliced

Stir-fry pork in oil until well done. Add shrimp, ginger, garlic, and beans; stir-fry briefly. Combine broth, soy sauce, salt, sugar, sherry, and cornstarch mixture; stir. Add to wok or skillet; heat until thickened. Remove from heat; pour egg in slowly, stirring with fork. Serve on rice; garnish with scallion. Serve with lobster, shrimp, fish dishes, or boiled rice.

Sauce must not be hot enough to coagulate egg as it is stirred in with fork. Purpose of egg is to color and thicken sauce slightly. Yield 4 servings.

### tartar sauce

$1\frac{2}{3}$  cups mayonnaise

3 tablespoons chopped sweet pickle

3 tablespoons chopped stuffed olives

1 tablespoon chopped capers

1 tablespoon minced onion

1 tablespoon minced parsley

1 teaspoon vinegar

1 teaspoon lemon juice

Combine all ingredients; taste for seasoning. A little extra vinegar or lemon juice and a pinch of salt may be required, depending on kind of mayonnaise used. Serve with any fish or seafood. Yield about 2 cups.

### tomato coulis sauce

2 cups chopped peeled tomatoes

$\frac{1}{8}$  teaspoon thyme leaves

$\frac{1}{8}$  teaspoon tarragon leaves

$\frac{1}{4}$  cup chopped chives

1 garlic clove, pressed

$\frac{1}{4}$  teaspoon freshly ground pepper

$\frac{1}{2}$  teaspoon salt

2 tablespoons olive oil

Combine all ingredients except olive oil in  $1\frac{1}{2}$ -quart saucepan; simmer until tomatoes are tender. Turn into blender container; puree. Return to pan; add oil. Simmer 3 minutes. Serve hot or cold. Yield 2 cups.

### tomato sauce I

3 medium-size ripe tomatoes, sliced

$\frac{1}{2}$  small onion

1 bay leaf

$\frac{1}{2}$  cup chicken stock or broth

1 tablespoon butter

1 tablespoon flour

1 teaspoon sugar

$\frac{1}{4}$  teaspoon rosemary, basil, or oregano

$\frac{1}{2}$  teaspoon tomato paste (optional)

Simmer tomatoes, onion, bay leaf, and stock 20 minutes. Put into blender 10 seconds; pass through sieve to remove tiny pieces of tomato skins.

Melt butter; add flour. Add 1 cup strained tomato juices gradually; stir with wire whisk until thickened. Add sugar and herbs; simmer 5 minutes. Correct seasoning with salt and pepper. An excellent sauce for spaghetti and other foods.

*Note: It may be necessary to add tomato paste in winter months when tomatoes have less flavor.*



## tomato sauce II

2 tablespoons olive oil  
2 tablespoons butter  
1 clove garlic, pressed  
1 large green onion, minced  
5 cups skinned, chopped ripe tomatoes  
1/8 teaspoon freshly ground pepper  
1 teaspoon basil  
1 teaspoon chopped chives  
1 teaspoon oregano  
1/2 teaspoon sugar  
1 teaspoon salt

Combine oil and butter in saucepan; heat until butter is melted. Add garlic and onion; cook over medium heat 5 minutes. Stir in remaining ingredients; cook, stirring, several minutes, until tomatoes are soft. Serve over pasta. Yield about 4 cups.

## velouté sauce

1 tablespoon butter  
1 tablespoon flour  
1 cup chicken stock or broth  
1 egg yolk  
1 to 2 tablespoons whipping cream

Melt butter in small saucepan; remove from heat. Add flour; stir with wire whisk. Add stock gradually; stir constantly over moderate heat. Add about 3 tablespoons hot sauce to combined egg yolk and cream; stir together. Return to remaining hot sauce. Do not let sauce boil after egg yolk and cream have been added.

## white sauce (béchamel sauce)

3 tablespoons butter  
3 tablespoons flour  
2 cups milk  
3/4 teaspoon salt  
1/4 teaspoon white pepper

Melt butter in top of double boiler over boiling water; stir in flour with wooden spoon until smooth. Add milk gradually; stir constantly. Cook until sauce is thick; stir in salt and pepper. Remove top of double boiler from water. Strain sauce through fine sieve; use as desired. Pour any remaining sauce into small bowl. Cover top of sauce with circle of wet waxed paper; refrigerate for future use.

For thicker sauce increase flour to 4 tablespoons. Yield 2 cups.

## yogurt and green-onion sauce

1 cup yogurt  
2 tablespoons finely minced green onion  
2 teaspoons curry powder  
Salt to taste

Combine ingredients in small bowl; blend well. Chill well before serving. Yield about 1 cup.

## SALAD DRESSINGS

### anchovy–cheese lo-cal salad dressing

2 cups low-fat cottage cheese  
1 tablespoon lemon juice  
1/4 cup skim milk  
1/2 teaspoon salt  
6 anchovy fillets  
1 teaspoon paprika  
1/4 teaspoon dry mustard

Place all ingredients in electric blender; blend until creamy. Use additional milk if thinner dressing is desired. Yield 2 1/4 cups.

### blue or roquefort cheese dressing

4 ounces blue or Roquefort cheese, crumbled  
1 cup sour cream  
1 teaspoon lemon juice  
1 teaspoon sugar  
1 teaspoon instant minced onion  
1/2 teaspoon salt

Mix all ingredients well. Chill, preferably overnight, to allow flavors to blend. Use within a week. Yield about 1 1/2 cups.

### french dressing

2 tablespoons white-wine vinegar  
Salt  
Freshly ground black pepper  
6 to 8 tablespoons olive and/or peanut oil

Mix vinegar with salt and pepper to taste. Add oil; beat with fork until mixture thickens.

*Note: For slightly thicker dressing, add an ice cube; stir 1 to 2 minutes longer; remove ice.*

#### caper dressing

Add 1 teaspoon chopped capers; 1/2 clove garlic, finely crushed; and a little anchovy paste.

#### curry dressing

Add 1/2 teaspoon curry powder and 1 teaspoon finely chopped shallots.



*dressings*

#### **garlic french dressing**

Add 1 peeled garlic clove, pressed or whole; let stand to blend flavors. Remove whole clove before serving.

#### **roquefort dressing**

Add 3 tablespoons crumbled Roquefort cheese; blend well. Chill before serving.

#### **sesame dressing**

Substitute sesame oil for olive oil.

#### **tarragon dressing**

Add 1 teaspoon chopped fresh tarragon leaves.

#### **thousand island**

Add ¼ cup chopped green pepper, 2 tablespoons chopped stuffed olives, 1 tablespoon chopped parsley, and 2 tablespoons chopped onion.

### **fruit-salad dressing**

¼ cup currant jelly

1 cup mayonnaise

½ cup sour cream

¼ cup chopped toasted almonds

Melt jelly; allow to get cold. Combine with other ingredients; chill before using. Yield about 1¾ cups.

### **green-goddess dressing**

1 cup mayonnaise

1 clove garlic, crushed

¼ cup finely chopped parsley

2 tablespoons chopped chives

1 tablespoon lemon juice

1 tablespoon tarragon vinegar

½ teaspoon salt

**Black pepper**

2 teaspoons anchovy paste

2 tablespoons cream

Combine all ingredients; stir until dressing is smooth. Use for all seafood salads. Yield about 2 cups.

### **herb salad dressing**

½ cup plain yogurt

1 tablespoon lemon juice

1 teaspoon chopped parsley

1 teaspoon dillweed

Garlic salt to taste

Combine ingredients; pour over salad. Yield enough for 4 servings.

### **mayonnaise I**

4 medium egg yolks

1 teaspoon salt

⅛ teaspoon white pepper

2 cups vegetable oil

1 tablespoon wine vinegar

Place egg yolks, salt, and pepper in medium bowl; beat with electric hand mixer at medium speed until thick, pale, and fluffy. Add 5 ounces oil in very thin stream, beating constantly, until thickened and oil is absorbed. Beat in vinegar. Add remaining oil slowly, beating constantly, until all oil is blended into mixture. Mayonnaise will be very thick. Place in refrigerator container.



## SALAD DRESSINGS • SAUCES AND DRESSINGS

Cut waxed paper to fit over top; rinse in cold water. Place over mayonnaise; cover. Refrigerate until ready to use. Yield 1 ¼ cups.

### *curry mayonnaise*

Beat in 2 teaspoons curry powder.

### *mustard mayonnaise*

Beat in 3½ teaspoons dry mustard.

### *paprika mayonnaise*

Beat in 1 teaspoon paprika.

### *piquant mayonnaise*

Beat in 1 teaspoon Tabasco sauce, 2 teaspoons heavy cream, and 4 teaspoons lemon juice.

### *tomato mayonnaise*

Beat in 2 tablespoons tomato paste.

## mayonnaise II

2 egg yolks

½ teaspoon salt

¼ teaspoon dry mustard

1½ teaspoons wine vinegar

1 cup olive oil

### ½ teaspoon lemon juice

Rinse bowl with hot water; dry well. Put in egg yolks, salt, mustard, and 1 teaspoon vinegar; beat vigorously or at low speed with an electric mixer. Add half the oil, drop by drop; and remaining vinegar. Beat in rest of oil in steady stream. Add lemon juice. Yield 1 ¼ cups.

*Note: If mayonnaise curdles, break an egg yolk into clean basin; gradually beat curdled mixture into it.*

## mayonnaise III

1 cup salad oil

1 tablespoon red-wine vinegar

1 tablespoon lemon juice

1 egg

½ teaspoon salt

⅛ teaspoon paprika

¼ teaspoon dry mustard

Dash of cayenne pepper

Pour ¼ cup oil into electric blender. Add vinegar, lemon juice, egg, and seasonings; cover. Blend 5 seconds. Remove cover while blender is

*herb salad dressing*



## SAUCES AND DRESSINGS • SALAD DRESSINGS

running; add remaining oil in thin, steady stream. Turn off blender immediately after adding oil. Yield 1½ cups.

### mayonnaise IV

1 recipe Mayonnaise (see Index)

Strained juice of 1 lemon

1 teaspoon dry mustard

1 lemon, sectioned

Place mayonnaise in large bowl.

Combine lemon juice and mustard in small bowl; stir until well blended. Fold lemon-juice mixture into mayonnaise until blended.

Chop lemon segments fine; fold into mayonnaise. Yield about 2 cups.

### mayonnaise V

1 tablespoon prepared mustard, preferably Dijon or Dusseldorf

1 egg yolk

½ teaspoon Worcestershire sauce

1 teaspoon white vinegar

Salt and freshly ground pepper to taste

Several drops Tabasco sauce

1 cup peanut, vegetable, or corn oil

Juice of ½ lemon

Put mustard, egg yolk, Worcestershire sauce, vinegar, salt, pepper, and Tabasco in mixing bowl. Beat with wire whisk. When blended, gradually beat in oil. Add lemon juice; blend well. Add more mustard, if desired, to make mayonnaise more piquant. Yield about 1¼ cups.

### russian dressing

1 cup mayonnaise

1 tablespoon chili sauce

1 to 2 teaspoons chopped chives

2 teaspoons chopped red pepper or canned pimiento

Combine all ingredients. Serve with egg or vegetable salads or with fish.

*Note: Chili sauce varies considerably in strength. It is advisable to add about ½ teaspoon, then taste and increase quantity as necessary. Quantity given is for mild chili sauce.*

### vinaigrette

2 teaspoons salt

½ teaspoon freshly ground pepper

1 teaspoon prepared mustard

1 cup olive oil

¼ cup red-wine vinegar

Place salt, pepper, and mustard in medium-size bowl. Add several drops oil; blend with wooden spoon. Add several drops vinegar; blend well. Add remaining oil and vinegar gradually, stirring constantly, until all is used. Store in covered jar in refrigerator. Shake well before using. Yield 1½ cups.

### vinaigrette aux fines herbes

1½ cup Vinaigrette (see Index)

½ tablespoon chopped onion

½ tablespoon parsley

½ tablespoon chopped tarragon

½ tablespoon chopped chives

Combine all ingredients in medium-size bowl; blend well with wooden spoon. Store in covered jar in refrigerator. Shake well before using. Yield 1½ cups.

*Note: Fresh or dried herbs can be used.*

### zero-calorie salad dressing

½ cup wine vinegar

½ clove garlic, crushed

¼ teaspoon tarragon

1 tablespoon chopped parsley

¼ teaspoon oregano

¼ teaspoon salt

Shake well; pour over salad. Can be stored in refrigerator several weeks. Yield ½ cup.







*vinaigrette*



# SAUSAGE

## italian sausage with grapes

**1 pound Italian sausage (hot and/or mild)**

**2 tablespoons butter or margarine**

**½ pound seedless or seeded white grapes**

Prick sausage with fork; brown both sides in butter or margarine. Add grapes; bring to boil. Cover; cook 5 minutes. Serve with plenty of French bread and good Chianti. Yield 4 to 6 servings.

## sausage and apple snack

**1 pound sausage meat**

**2 tablespoons chopped parsley**

**½ teaspoon curry powder**

**½ teaspoon mixed herbs**

**Salt and pepper**

**2 tablespoons flour**

**Butter**

**2 dessert apples**

**6 thin slices bacon**

**Few sprigs parsley**

**Toast**

Combine sausage, parsley, curry powder, herbs, and seasoning; shape into 6 patties. Coat lightly with flour; fry each side in butter about 5 minutes. Remove from pan; keep hot.

Core but do not peel apples; cut each into 3 slices. Fry each side about 2 minutes.

Roll up bacon; put onto skewer. Fry or broil.

Put patties on serving dish with apple ring on top. Arrange bacon rolls in center; garnish with parsley. Serve with hot toast. Yield 6 servings.

## sausage pie

**1 pound link sausages**

**3 apples, peeled, cored, sliced**

**2 tablespoons sugar**

**6 tablespoons butter or margarine**

**1 cup flour**

**1 teaspoon salt**

**1 egg, beaten**

**Milk**

Preheat oven to 400°F.

Grease large pie tin.

Place sausages in skillet; prick each with fork. Cover with water; bring to boil. Simmer 5 minutes; drain off water. Brown sausages; place in pie tin. Spread apple slices over meat. Sprinkle apples with sugar.

Mix butter and flour; add salt. Stir in egg and enough milk to make stiff dough. Spread dough over apples, using fingers. Brush with butter (or some of egg). Make hole in center for steam to escape. Bake 25 to 30 minutes. Serve as is or with tomato sauce. Yield 6 to 8 servings.

## sausages with braised red cabbage

**1 red cabbage, about 2 pounds**

**2 tablespoons bacon fat or butter**

**1 large onion, chopped**

**3 tablespoons vinegar**

**Salt and pepper**

**2 cooking apples, peeled, chopped**

**1 tablespoon sugar**

**16 to 20 pork sausages**

Remove and discard outer leaves from cabbage; shred rest finely.

Heat fat in casserole; cook onion few minutes without burning. Add cabbage; mix well. Add 1 cup water, vinegar, salt, and pepper; cover. Cook about 1 hour. Add apple and sugar; cook 1 hour, stirring occasionally. Remove lid; boil if necessary to evaporate extra liquid.

Broil or bake sausages until brown. Serve with cabbage and mashed potatoes. Yield 4 servings.





# SEAFOOD

## CLAMS

### baked clams in mornay sauce

1 pint shucked clams  
Dry white wine  
1 recipe Mornay Sauce (see Index)  
2 tablespoons fine dry bread crumbs  
1 tablespoon freshly grated Parmesan cheese  
2 teaspoons chopped parsley  
2 teaspoons chopped chives  
Butter

Mince clams; place in saucepan. Add just enough wine to cover; simmer about 5 minutes, until wine has evaporated. Combine clams and sauce; mix well. Spoon clam mixture into scallop shells or individual baking dishes.

Blend bread crumbs, cheese, parsley, and chives; sprinkle over clam mixture. Dot with butter; place shells on baking sheet. Bake in preheated 350°F oven, 1 rack above center, 15 minutes. Yield 8 servings.

### clam fettucine

¼ cup soft margarine  
½ cup chopped onion

3 tablespoons flour  
1 teaspoon sugar  
1 teaspoon oregano  
½ teaspoon salt  
Dash of pepper  
1 (1-pound) can whole tomatoes, undrained  
1 (8-ounce) can tomato sauce  
1 (8-ounce) can minced clams, undrained\*  
¼ cup sliced ripe olives  
4 cups hot cooked seasoned noodles  
¼ cup grated Parmesan cheese

Melt 2 tablespoons margarine in saucepan. Add onion; cook until tender, not brown.

Combine and mix flour, sugar, oregano, salt, and pepper; stir into onion mixture. Add tomatoes, tomato sauce, clams, and olives; cook, stirring constantly, until mixture thickens.

Combine noodles, 2 tablespoons margarine, and cheese; toss until noodles are evenly coated with cheese. Turn into deep serving dish; pour sauce over top. Yield 4 servings.

*\*If desired, 2 (6-ounce) cans minced clams can be substituted for 8-ounce can, but 1 can clams should be drained to keep yield the same.*

*baked clams in mornay sauce*





*clam savory*

## clam savory

- 3 tablespoons butter
- 1 small onion, peeled, finely chopped
- ½ green pepper, finely chopped
- 1 (7½-ounce) can clams, drained, chopped
- 1 cup grated cheese
- 1 tablespoon tomato puree
- 1 tablespoon Worcestershire sauce
- 1 tablespoon sherry
- ⅛ teaspoon cayenne pepper
- Dill pickle
- 4 or 5 slices hot buttered toast

Heat butter in sauté pan. Add onion and green pepper; sauté 3 minutes over low heat. Add clams, cheese, tomato puree, Worcestershire sauce, sherry, and cayenne; cook a few minutes, until cheese has melted, stirring constantly.

Put thin slice of dill pickle on each slice of toast serve clam mixture on top. Yield 4 or 5 servings.

## clams casino

- 2 dozen cherrystone clams
- 2 tablespoons olive oil
- 1 tablespoon butter
- ½ cup finely minced onion
- ¼ cup finely chopped green pepper
- 2 cloves garlic, peeled, chopped
- 1 cup dry bread crumbs
- 4 slices crisp bacon, crumbled
- ½ teaspoon crumbled dried oregano
- 2 tablespoons grated Parmesan cheese

### Parsley flakes and paprika

#### Olive oil

Wash and scrub clams well to remove grit; place on baking sheet in 450°F oven until shells open. Remove meat from shell; chop. Reserve chopped clams; discard half the shells.

Heat oil and butter in small skillet. Add onion, pepper and garlic; sauté until tender. Remove from heat; cool. Add bread crumbs, bacon, oregano, cheese, and reserved clams; mix well. Fill clam shells with mixture. Sprinkle with parsley and paprika; drizzle with oil. Bake in 450°F oven until lightly browned (about 7 minutes). Serve hot. Yield 6 servings.

## pilgrims' clam pie

- 3 dozen shell clams or 3 (8-ounce) cans minced clams

- 1½ cups water
- ¼ cup margarine or butter
- ½ cup sliced fresh mushrooms
- 2 tablespoons minced onion
- ¼ cup all-purpose flour
- ¼ teaspoon dry mustard
- ⅛ teaspoon liquid hot pepper sauce
- ¼ teaspoon salt
- ⅛ teaspoon white pepper
- 1 cup reserved clam liquor
- 1 cup half-and-half cream
- 1 tablespoon lemon juice
- 2 tablespoons chopped parsley
- 2 tablespoons chopped pimiento
- Pastry for 1-crust 9-inch pie
- 1 egg, beaten

Wash clam shells thoroughly. Place clams in large pot with water; bring to boil. Simmer 8 to 10 minutes, until clams open. Remove clams from shells; cut into fourths. Reserve 1 cup clam liquor. (OR: If using canned clams, drain and reserve 1 cup liquor.)

Melt margarine in skillet. Add mushrooms and onion; cook until tender. Stir in flour, mustard, pepper sauce, salt, and pepper. Gradually add clam liquor and cream; cook, stirring constantly, until thick. Stir in lemon juice, parsley, pimiento, and clams; pour into 9-inch-round deep-dish pie plate (about 2-inches deep).

Roll out pastry dough; place on mixture in pie plate. Secure dough to rim of pie plate by crimping; vent pastry. Brush with beaten egg. Bake in 375°F oven 25 to 30 minutes, until pastry is browned. Yield 6 servings.





*pilgrims' clam pie*

## CRABS

## astoria deviled crab

- 1 (6-ounce) package snow crab or other crabmeat,  
fresh or frozen or 1 (6½-ounce) can crab meat
- 1 (4-ounce) can mushroom stems and pieces,  
undrained
- 2 hard-cooked eggs, chopped
- ½ cup finely chopped green pepper
- 1 (2-ounce) jar pimiento strips, undrained
- 1 tablespoon catsup
- 1 teaspoon Worcestershire sauce
- 1 cup thick White Sauce (see Index)
- 1 (4¾-ounce) package or 2 cups crushed potato  
chips
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 3 tablespoons margarine or butter
- ¼ cup grated Parmesan cheese
- Paprika**
- Lemon slices**

Thaw crab meat if frozen. Drain canned crab meat. Remove shell or cartilage. Combine crab meat with remaining ingredients, except margarine, cheese, paprika, and lemon slices. Place crab mixture in well-greased baking dish, 11½ × 7 × 1¾ inches. Dot with margarine; sprinkle with cheese and paprika. Place lemon slices on top. Bake in 400°F oven 15 to 20 minutes. Yield 6 servings.

## broiled crab cakes

- 1 pound lump crabmeat
- 1 teaspoon seafood seasoning, or 1 teaspoon dry  
mustard
- 1 teaspoon lemon juice
- 1 tablespoon finely chopped fresh parsley
- 2 eggs, well beaten

Pick over crab meat gently and carefully to remove shells and cartilage; do not break up lump meat. Add seasoning, lemon juice, parsley, and eggs; combine gently. Form into medium-size cakes; place in lightly buttered flat pan. Place under broiler; cook until golden brown, turning once. Serve on salted flat crackers. Yield 4 servings.

## company crab

- 1 pound blue-crab meat, pasteurized
- 1 (15-ounce) can artichoke hearts, drained
- 1 (4-ounce) can sliced mushrooms, drained
- 2 tablespoons butter or margarine
- 2½ tablespoons flour
- ½ teaspoon salt
- Dash of cayenne pepper
- 1 cup half-and-half cream
- 2 tablespoons sherry
- 2 tablespoons cereal crumbs
- 1 tablespoon grated Parmesan cheese
- Paprika**

Remove shell or cartilage from crab meat.

Cut artichoke hearts in half; place in well-greased shallow 1½-quart casserole. Cover with mushrooms and crab meat.

Melt butter; blend in flour and seasonings. Add cream gradually; cook until thick, stirring constantly. Stir in sherry. Pour sauce over crab meat.

Combine crumbs and cheese; sprinkle over sauce. Sprinkle with paprika. Bake in 450°F oven 12 to 15 minutes, until bubbly. Yield 6 servings.

## crab chops

- 1 pound blue-crab meat, fresh, frozen, or  
pasteurized
- ½ cup butter or margarine
- ¾ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper
- 1 cup milk
- ¼ cup chopped parsley
- ¼ cup chopped green onion
- 2 eggs, beaten
- 2 cups soft bread crumbs
- ¼ cup cooking oil
- Lemon wedges**
- Tartar Sauce (see Index)**

Thaw crab meat if frozen; remove shell or cartilage.

Melt ¼ cup margarine in small saucepan; blend in ¼ cup flour, salt, and cayenne. Gradually stir in milk; cook and stir until thickened. Mix in crab meat, parsley, and onion; cover. Refrigerate 2 hours. Divide into 6 equal portions; pat and shape each portion into "chop" about 5-inches long and ½-inch thick. Place each chop in flour mixture; turn to coat both sides. Dip each chop into egg, then in bread crumbs to coat evenly. Refrigerate at least 30 minutes to firm coating.

In heavy 12-inch frypan, heat ¼ cup butter and oil until hot but not smoking. Fry chops over moderate heat until delicately browned on both sides, about 10 minutes. Serve with lemon wedges and Tartar Sauce. Yield 6 servings.



## crab divan

- 3 (6-ounce) packages Dungeness crab meat or other crab meat, fresh, frozen, or pasteurized, or 3 (6½- or 7-ounce) cans crab meat
- 2 (10-ounce) packages frozen broccoli spears
- 2 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter or margarine, melted
- ½ cup skim milk
- ¼ cup grated American cheese
- 1 (1-pound) can tomatoes, well-drained
- 2 tablespoons crushed cornflakes

Thaw frozen crab meat; drain. Remove shell and cartilage; cut meat into 1-inch pieces.

Cook broccoli half as long as directed on package; drain thoroughly. Place in greased baking dish, 8 × 8 × 2 inches. Spread crab over broccoli.

Blend flour and seasonings into butter. Add milk gradually; cook over moderate heat until thick and smooth, stirring constantly. Add cheese; stir until melted. Stir in tomatoes. Pour sauce over crab meat. Sprinkle with cornflakes. Bake in 400°F oven 20 to 25 minutes, until lightly browned. Yield 6 servings.

## crab-stuffed green peppers

- 4 seeded green peppers
- 1 (6½-ounce) can crab meat, cartilage and shell removed, flaked
- 2 eggs, beaten
- 1 medium onion, minced
- 2 stalks celery, chopped
- 2 tablespoons butter or margarine
- 3 slices bacon, crisp-cooked, crumbled
- 1 cup whole-wheat bread crumbs (2 slices)
- 1 tablespoon toasted wheat germ
- ½ teaspoon salt
- Dash of pepper

Cook peppers in boiling water until tender-crisp, about 5 minutes.

Combine crab meat and eggs in mixing bowl; set aside.

Fry onion and celery in butter until onion is tender. Stir in bacon, bread crumbs, wheat germ, salt, and pepper. Add to crab meat mixture. Divide mixture equally to fill green peppers. Set stuffed peppers upright in flat baking dish. Bake at 350°F 20 to 25 minutes. Yield 4 servings.

*fried crab cakes*



## fried crab cakes

- 1 pound crab meat
- 1 egg yolk
- 1½ teaspoons salt
- Healthy dash of black pepper
- 1 teaspoon dry mustard
- 2 teaspoons Worcestershire sauce
- 1 tablespoon mayonnaise
- 1 tablespoon chopped parsley
- ½ teaspoon paprika
- 1 tablespoon melted butter
- Bread crumbs for coating cakes
- Liquid shortening for frying

Lightly toss crab meat and all ingredients (except bread crumbs) in order listed. When well-blended, shape into cakes. Roll each cake in bread crumbs until coated on all sides.

Heat shortening in skillet. Fry crab cakes quickly in hot fat until golden brown. Yield 4 to 6 servings.



*stuffed blue crab*

## hampton imperial crab

**1 pound backfin crab meat**  
**½ tablespoon chopped pimienta**  
**½ tablespoon chopped green pepper**  
**1 tablespoon butter**

### *heavy cream sauce*

**4 tablespoons butter**  
**5 tablespoons all-purpose flour**  
**1 cup milk**  
**½ teaspoon salt**  
**1 egg yolk**  
**¼ teaspoon dry mustard**  
**1½ teaspoons Worcestershire sauce**  
**Salt and pepper to taste**  
**1 cup mayonnaise**  
**Paprika**

Preheat oven to 375°F 10 minutes before crab is ready to go in.

Pick over crab meat; refrigerate.

Sauté pimienta and green pepper in 1 tablespoon butter.

Make Heavy Cream Sauce. Melt 5 tablespoons butter in heavy skillet. Add flour, milk, and salt; stir until mixture is smooth and thick.

Combine sautéed vegetables, sauce, and other ingredients, except mayonnaise, crab meat and paprika. Mix in ¾ cup mayonnaise. Fold in crab meat very gently so lumps will not break up.

Spoon into shells; spread rest of mayonnaise on top each crab filling. Bake 30 to 35 minutes, until golden brown. Sprinkle with paprika; serve at once. Yield 4 servings.

## soft-shelled crabs

**4 tablespoons butter or margarine**  
**2 tablespoons lemon juice**  
**6 to 8 soft-shelled crabs, cleaned**  
**1 tablespoon cornstarch**  
**¼ cup water**

Heat butter and lemon juice in medium skillet. Cook crabs on medium heat until browned, 5 minutes per side; remove to heated platter.

Mix cornstarch and water; add to pan juices. Stir until slightly thickened; pour over crabs. Serve at once. Yield 4 to 6 servings.

## stuffed blue crab

**1 pound crab meat**  
**4 teaspoons lemon juice**  
**2 teaspoons salt**  
**½ teaspoon freshly ground pepper**  
**3 cups coarse bread crumbs**  
**⅓ cup dry sherry**  
**½ cup whipping cream, whipped**  
**1 cup fine bread crumbs**  
**¼ to ½ cup melted butter**



Use 6 buttered crab shells for baking dishes if available or 6 buttered, individual ramekins.

Combine crab meat, lemon juice, salt, pepper, coarse crumbs, sherry, and whipped cream; mix well. Spoon into ramekins; mound tops. Sprinkle fine crumbs evenly over tops; drizzle generously with melted butter. Place on baking sheet. Bake at 375°F on middle shelf, about 15 minutes, until lightly browned. Yield 6 servings.

## KING CRAB

### king crab–celery (low-calorie)

- 2 (6-ounce) packages king crab or other crab meat, fresh, frozen, or pasteurized, or 2 (6½- or 7-ounce) cans crab meat
- 2 celery hearts
- 2 chicken bouillon cubes

*king crab–celery (low-calorie)*



- 3 cups boiling water
- 1 cup low-calorie French dressing
- 6 large lettuce cups
- Pepper

Thaw frozen crab meat; drain; remove shell and cartilage. Cut into 1-inch pieces.

Wash celery hearts; trim so they are about 5-inches long. Cut each into thirds lengthwise; place in 10-inch frypan.

Dissolve bouillon cubes in boiling water; pour over celery. Cover; simmer 10 to 15 minutes, until tender. Let celery cool in bouillon; drain. Place in shallow baking dish. Pour French dressing over celery; chill at least 2 hours. Remove celery from dressing; drain. Place in lettuce cups; sprinkle with pepper. Place approximately ¼ cup crab meat on celery. Yield 6 servings.

### king crab krunch

- 1 pound king crab meat, fresh or frozen
- 1 (8¾-ounce) can crushed pineapple
- 3 tablespoons butter or margarine
- ½ cup thinly sliced celery
- 2 tablespoons cornstarch
- 2 cups chicken broth
- ½ cup toasted blanched slivered almonds
- 1 tablespoon lemon juice
- 1 (5-ounce) can chow mein noodles

Thaw frozen crab meat. Drain crab meat; remove shell and cartilage.

Drain pineapple; reserve liquid.

Melt butter in 10-inch frypan. Add celery, pineapple, and crab. Cook over low heat 5 minutes; stir frequently.

Dissolve cornstarch in pineapple juice; stir into crab mixture. Add chicken broth gradually; cook until thick, stirring constantly. Add almonds and lemon juice. Serve over noodles. Yield 6 servings.

### king crab lancetot

- 2 (6-ounce) packages frozen king crab meat
- 1½ cups butter or margarine
- 1 pound medium noodles, cooked
- 2 cups freshly grated Parmesan cheese
- Salt

#### Freshly ground black pepper

Defrost crab according to directions on box, only until pieces of meat are easily separated. Sauté chunks in hot butter until completely thawed.

Pour hot noodles into large bowl; add crab and butter. Add cheese; toss until well blended. Season to taste with salt and pepper. Yield 6 servings.

## stuffed king crab legs

3 (12-ounce) packages precooked, frozen king crab legs

1 (4-ounce) can mushroom stems and pieces, drained

2 tablespoons melted butter or oil

2 tablespoons flour

½ teaspoon salt

1 cup milk

½ cup grated cheese

**Paprika**

Thaw crab legs; remove meat from shells. Remove cartilage; cut meat into ½-inch pieces.

Cook mushrooms in butter 5 minutes; blend in flour and salt. Add milk gradually; cook until thick, stirring constantly. Add cheese and crab; heat. Fill shells with crab mixture; sprinkle with paprika. Place stuffed crab legs on grill, shell-side-down, about 4 inches from moderately hot coals or place on baking sheet about 6 inches from broiler. Heat 10 to 12 minutes. Yield 6 servings.

## FROGS' LEGS

### deep-fried or sautéed frogs' legs

*deep fried*

8 frogs' legs

Salt and pepper to taste

Flour

2 eggs, well beaten

2 teaspoons water

Cracker crumbs

Deep fat

*sautéed*

8 frogs' legs

Butter

Salt and pepper

**White Sauce (see Index) (optional)**

Only hind legs of frogs can be eaten. Cut off feet; peel off skin, turning inside out. Wipe with cold, damp cloth. Season with salt and pepper; roll in flour. Dip in egg diluted with a little water. Roll in cracker crumbs. (Can be dipped in fritter batter instead, in which case omit flour and egg.) Fry in deep, hot fat until golden brown, about 3 minutes. Serve with Tartar Sauce (see Index).

Can also be sautéed in a little butter without egg or crumbing, in which case serve plain, seasoned with salt and pepper, or with White Sauce.

If desired, legs can be seasoned by soaking in mixture of lemon juice, salt, and pepper 1 hour before rolling in flour. Yield 4 servings.



*stuffed king crab legs*

### frogs' legs with mushrooms

12 frogs' legs

½ cup mushrooms, canned or fresh

3 tablespoons butter

1 tablespoon flour

½ teaspoon salt

⅛ teaspoon pepper

1 cup milk

½ cup meat or chicken stock

2 egg yolks

1 tablespoon cream

Prepare frogs' legs for cooking according to recipe for fried frogs' legs.

• If fresh mushrooms are used, peel caps; cut off stems.

Melt butter in pan. Put in legs and mushrooms; sauté to light brown. Sprinkle with flour, salt, and pepper. Add milk and stock; bring to boil. Cover; reduce heat. Simmer 10 minutes.

Beat egg yolks with cream; add to pan. Stir well but do not boil. Serve hot with buttered toast; garnish as desired. Yield 6 servings.



# LOBSTER

## boiled lobster

- 1½ gallons water
- ⅓ cup salt
- 6 live lobsters (1 pound each)
- Melted butter or margarine

Pour water into large kettle. Add salt; cover. Bring to boiling point over hot coals or high heat. Plunge lobsters headfirst into boiling water; cover. After water has returned to boiling point, simmer 15 to 20 minutes, depending on size of lobsters. Test lobster by taking hold of a leg; if it detaches easily, lobster is cooked. Do not overcook. Drain; crack claws. Serve with melted butter. Yield 6 servings.

## japanese steamed rock lobster

- 3 (8-ounce) packages frozen South African rock lobster tails
- 6 large mushrooms, cut into slices
- 6 scallions, cut into long, thin strips
- 1 cup thinly sliced celery
- 1 bunch broccoli, trimmed, cut into florets

*japanese steamed rock lobster*



*boiled lobster*

- 1 tablespoon soy sauce
- 1 envelope dehydrated chicken broth
- ¼ cup water

Remove thin underside membrane from lobster-tails with scissors. Push bamboo skewer lengthwise through tail to prevent curling.

Place colander over boiling water in large pot, or use steamer. Place lobster tails in colander; place vegetables on top and around tails.

Combine soy sauce, broth, and water; brush over tails and vegetables. Cover pot; steam 20 minutes or until vegetables are crisp-tender and lobster meat loses translucency and is opaque. Yield 6 servings.

## lobster cantonese

- 2 tablespoons vegetable oil
- 2 tablespoons Chinese (dow sei) black beans, rinsed, mashed
- 2 cloves garlic, grated
- 1 teaspoon grated ginger root
- 2 to 3 ounces minced or ground pork
- 1½ to 2 pounds live lobster, cleaned, chopped into 1-inch pieces, or 1 pound lobster tails, split lengthwise
- 1 cup chicken broth or water
- 1 teaspoon soy sauce
- ½ teaspoon sugar
- 1 tablespoon cornstarch in 2 tablespoons cold water
- Salt and pepper
- 1 egg, beaten
- 1 scallion, sliced

Heat oil in wok or skillet; brown beans, garlic, and ginger briefly. Add pork; stir-fry 1 minute. Add lobster; stir-fry 1 minute. Add broth, soy sauce, sugar, and cornstarch mixture; cover. Heat 5 minutes; remove from heat. Season with salt and pepper. Slowly pour in egg, stirring with fork. Sauce should not be so hot as to completely coagulate egg and turn it white; egg should give sauce yellowish color. Serve at once with rice; garnish with scallion. Yield 4 servings.

## lobster imperial

⅔ cup ripe olives, pitted  
 ⅓ cup butter or margarine  
 ⅓ cup sifted all-purpose flour  
 1½ teaspoons salt  
 ½ teaspoon paprika  
 3 cups milk  
 ½ teaspoon Worcestershire Sauce  
 1 (2-ounce) can sliced mushrooms  
 2 cups diced cooked lobster, crab, or other seafood  
 ¼ cup diced pimiento  
 ¼ cup chopped paprika  
 Toast cups, patty shells, or cooked rice

Cut olives into large pieces.

Melt butter; blend in flour, salt, and paprika. Stir in milk and Worcestershire sauce; cook until mixture boils and is thickened. Drain mushrooms; add to sauce, along with lobster, pimiento, parsley, and olives. Heat thoroughly. Serve in toast cups, patty shells, or over hot cooked rice. Yield 6 servings.

## lobster newburg

6 tablespoons butter  
 2 tablespoons flour  
 3 cups cut-up cooked or canned lobster  
 1 teaspoon nutmeg  
 Dash of paprika  
 1 teaspoon salt  
 3 tablespoons sherry  
 3 egg yolks  
 2 cups cream  
 Toast triangles

Melt butter over low heat in top of double boiler; stir in flour, lobster, nutmeg, paprika, salt, and sherry.

Beat yolks lightly in small bowl. Add cream; mix well. Slowly stir yolk mixture into lobster. Cook over hot water, stirring, until just thickened. Serve on toast or, serve in individual shells topped with buttered fresh bread crumbs and browned under broiler. Yield 6 servings.

## lobster thermidor

4 live lobsters (1½-pounds each)\*  
 1½ sticks butter or margarine  
 ½ pound mushrooms, washed, sliced  
 1 tablespoon flour  
 1 tablespoon Worcestershire sauce  
 1 tablespoon chopped parsley  
 ½ cup brandy  
 2 cups heavy cream  
 4 egg yolks  
 Salt and white pepper to taste  
 Parmesan cheese

Simmer lobsters in heavily salted water 15 to 20 minutes, until a leg detaches easily from body. Drain; cool. Crack claws; remove meat. Cut into small pieces. Remove everything from body and tail; reserve tomalley and meat. Cut meat into small pieces. Place clean shells on rack in open broiling pan; tuck tails under grid to keep from curling.

Heat 1 stick butter in skillet. Sauté mushrooms 2 minutes; stir frequently. Add flour; stir until it disappears. Add lobster meat, Worcestershire, parsley, brandy, and cream; stir until it barely reaches boiling point. Stir a little sauce into egg yolks beaten with tomalley; pour eggs into sauce. Heat well, but do not boil; season with salt and pepper. Fill shells with mixture. Sprinkle with Parmesan; dot with the remaining butter. Bake in preheated 350°F oven until bubbling. Yield 4 servings.

*\*If live lobsters are unavailable, substitute 6 lobster tails. It will take 6 lobster tails to fill 4 shells.*

## south african rock lobster imperial

1 pound frozen South African rock lobster tails, thawed  
 2 tablespoons butter or margarine  
 ½ cup chopped onion  
 2 tablespoons flour  
 1 (17-ounce) can cream-style corn  
 1 (12-ounce) can kernel corn, drained  
 ¼ cup milk  
 1 tablespoon yellow mustard  
 Salt and pepper to taste

1 (10-ounce) package frozen patty shells, baked  
 With scissors, remove underside membrane of lobster tails. Pull out meat in one piece; dice.

Heat butter in saucepan; sauté onion. Add lobster pieces; stir until meat has lost its translucency and is opaque. Stir in flour. Stir in creamed and kernel corn, milk, and mustard; stir over low heat until mixture thickens and bubbles. Season with salt and pepper. Serve hot, spooned over patty shells. Yield 6 servings.

## MUSSELS

### baked mussels

Mussels  
 Salt  
 Pepper  
 Onion, chopped  
 Bacon strips  
 Grated cheese

Scrub mussels; open shells with knife, like



clams. Remove beard; lay in baking pan. Sprinkle with salt, pepper, and onion. Lay bacon on top. Sprinkle with cheese. Bake in 300°F oven until bacon is crisp. Yield about 8 mussels per serving.

## scrambled mussels and eggs

Scrub mussels; open shells with knife. Discard beard; take mussels from shells; chop. Cook with scrambled eggs; allow 4 mussels per egg. Yield as desired.

# OYSTERS

## barbecued oysters

**3 dozen large oysters in shells**

**Bread crumbs**

**Paprika**

**½ pound bacon, sliced thin**

Wash oyster shells thoroughly. Open oysters; discard flatter shell. Separate oysters from curved shell, but allow each to remain loosely in shell. Cover oysters with bread crumbs; season with paprika. Cover each with bacon; place (in their shells) in one layer under broiler flame until bacon is cooked through. Serve in shells. Yield 6 servings.

## broiled oysters

**24 oysters**

**Melted butter**

**Dried bread crumbs**

**6 slices toast, cut into uniform pieces**

**Salt and pepper**

**Few drops of lemon juice**

Dry oysters between towels.

Heat broiler; grease pan well.

Dip oysters in butter, then in crumbs; arrange on broiler. Broil about 3 minutes.

Moisten toast with hot oyster juice; place 4 broiled oysters on each slice. Season with salt, pepper, and lemon juice. Yield 6 servings.

## fried oysters

**1 pint oysters**

**Salt**

**Pepper**

**Flour for dredging**

**1 slightly beaten egg**

**½ cup cracker or bread crumbs**

Pick over oysters, removing shell fragments; dry between towels. Sprinkle with salt, pepper, and flour. Dip in egg diluted with a little cold water. Roll in crumbs. Fry in deep, hot (375°F) fat 4 to 6 minutes. Drain on unglazed paper. Yield 4 servings.

## opulent oysters

**3 (8-ounce) cans oysters**

**1 (3½-ounce) can French-fried onions**

**¼ cup light cream**

**2 tablespoons grated Parmesan cheese**

**2 tablespoons butter or margarine**

Drain oysters thoroughly.

Spread ¾ cup onions in well-greased round baking dish, 8 × 2 inches. Cover with the oysters. Pour cream over oysters.

Combine remaining onions and cheese; sprinkle over top. Dot with butter. Bake in 450°F oven 8 to 10 minutes, until lightly browned. Yield 6 servings.

## oysters baltimore

**4 slices bacon**

**18 oysters**

**3 tablespoons chili sauce**

**1 tablespoon Worcestershire sauce**

**6 tablespoons heavy cream**

**½ teaspoon tarragon**

**2 tablespoons lemon juice**

**1 teaspoon salt**

**¼ teaspoon pepper**

Fry bacon until crisp; set aside to drain. Crumble into bits for garnish.

Pour off all but 1 tablespoon fat from skillet; add oysters with their liquid. Cook, uncovered, over medium heat until most pan juices are absorbed.

Mix remaining ingredients; add to oysters. Simmer no more than 5 minutes, to blend all flavors. Add extra seasonings if desired. Yield 4 to 6 servings.

## oysters benedict

**6 thin slices smoked ham**

**24 oysters**

Sauté ham in frying pan until well browned. Pour drippings into another pan. Pan-fry oysters in drippings 5 minutes. Put ham on hot platter; top with oysters. Pour over Hollandaise or thick cream sauce; garnish with lemon slices. Yield 6 servings.

## oysters casino

**1 pint oysters**

**½ cup minced green pepper**

**½ cup minced green onion**

**½ cup minced bacon**

**1 tablespoon lemon juice**

**Pepper**

Drain oysters; pick out shell fragments. Arrange on greased, ovenproof platter. Sprinkle with green pepper, onion, bacon, lemon juice, and





pepper. Bake in 450°F oven about 10 minutes. Yield 6 servings.

## **oysters rockefeller**

**2 tablespoons chopped green onion**  
**2 tablespoons chopped celery**  
**3 tablespoons chopped fennel (optional)**  
**3 tablespoons chopped parsley**  
**¼ pound butter**  
**1 cup watercress or spinach**  
**3 tablespoons bread crumbs**  
**3 tablespoons Pernod or anisette**  
**¼ teaspoon salt**  
**⅛ teaspoon white pepper**  
**Dash of cayenne**  
**2 dozen oysters on half shells**

Sauté onion, celery, and herbs in 3 tablespoons butter 3 minutes. Add watercress; let wilt. Place this mixture, remaining butter, bread crumbs, liqueur, and seasonings into blender or food processor; blend 1 minute. Put 1 tablespoon mixture on each oyster. Place oyster shells on rock-salt beds; dampen salt slightly. Bake at 450°F about 4 minutes, until butter is melted and oysters heated. Yield 4 servings.

# SCALLOPS

## **baked scallops**

**1 pound scallops**  
**2 tablespoons chopped shallots or green onions**  
**6 tablespoons butter**  
**1 teaspoon lemon juice**  
**⅓ cup fine bread crumbs**  
**2 tablespoons chopped parsley**

Wash scallops to remove sand; dry on paper towels. Place in 4 buttered shells or buttered casserole.

Sauté shallots in 2 tablespoons butter until soft; distribute evenly over scallops.

Melt remaining butter; add lemon juice. Pour over scallops; sprinkle with crumbs. Bake in preheated 375°F oven 12 to 15 minutes, until scallops are tender when pierced with knife. Serve very hot; garnish with parsley. Yield 4 servings.

## **broiled scallops**

**2½ pounds scallops**  
**Corn oil**  
**½ cup melted butter**  
**Juice of 1 large lemon**  
**3 to 4 tablespoons finely chopped green onions (scallions)**

Prepare scallops; marinate about 1 hour in

enough oil to coat all sides. Drain; put into preheated shallow pan. Sprinkle with salt and pepper.

Mix butter with lemon juice and onions; baste scallops continuously while cooking, about 5 to 6 minutes. Yield 6 servings.

## **deep-fried scallops with sweet-and-sour sauce**

### *batter*

**1 cup sifted all-purpose flour**  
**¾ cup water**  
**1 large egg**  
**½ teaspoon salt**  
**2 cups oil for frying**  
**1 pound scallops (cubed fish fillets can be substituted)**

### *sweet-and-sour sauce*

**4 pineapple rings, cut into small pieces**  
**Reserved pineapple syrup and water to make 1 cup**  
**1 tablespoon cornstarch in 2 tablespoons cold water**  
**2 tablespoons vinegar**  
**¼ cup brown sugar**  
**1 teaspoon soy sauce**  
**1 small onion, sliced**  
**Few strips each carrots and green pepper**  
**2 cups hot boiled rice**

Combine batter ingredients; beat just until smooth. Let stand 1 hour. Dip scallops a few at a time into batter; deep-fry in 375°F oil just until golden brown and done, about 3 to 4 minutes. Drain on paper towels.

Combine sauce ingredients in saucepan; stir constantly while bringing to boil. Heat until thickened and carrot and pepper strips are heated through.

Place scallops on bed of boiled rice; cover with sauce. Serve at once, while scallop batter coating is still crisp. Yield 4 servings.

## **point judith scallops**

**1 pound scallops, fresh or frozen**  
**½ cup butter or margarine**  
**1 cup sliced fresh mushrooms**  
**2 tablespoons minced onion**  
**2 tablespoons all-purpose flour**  
**½ teaspoon salt**  
**1½ cups half-and-half cream**  
**4 egg yolks, beaten**  
**½ teaspoon leaf thyme**  
**¼ teaspoon basil leaves**  
**½ cup fresh bread crumbs**  
**⅓ cup grated Swiss Gruyère cheese**  
**¼ teaspoon paprika**  
**1 tablespoon melted butter or margarine**

## SEAFOOD • SCALLOPS

Thaw frozen scallops. Remove shell particles; wash.

Melt  $\frac{1}{4}$  cup butter in skillet. Add scallops and mushrooms; cook 3 to 4 minutes, until scallops are done. Divide scallops and mushrooms among 6 individual shells or ramekins.

Melt  $\frac{1}{4}$  cup butter in small saucepan. Add onion; cook until tender. Stir in flour and salt. Gradually stir in half-and-half; cook until thickened, stirring constantly. Add a little hot sauce to egg yolks; add to remaining sauce, stirring constantly. Heat just until thickened. Stir in thyme and basil. Spoon sauce over scallops.

Combine crumbs, cheese, paprika, and 1 tablespoon butter; sprinkle on sauce. Place shells on baking tray. Bake in 400°F oven 10 to 15 minutes, until hot and bubbly. Yield 6 servings.

### scallop kabobs

**1 pound scallops, fresh or frozen**  
**1 (13½-ounce) can pineapple chunks, drained**  
**1 (4-ounce) can button mushrooms, drained**  
**1 green pepper, cut into 1-inch squares**  
 **$\frac{1}{4}$  cup melted butter or oil**  
 **$\frac{1}{4}$  cup lemon juice**  
 **$\frac{1}{4}$  cup chopped parsley**  
 **$\frac{1}{4}$  cup soy sauce**  
 **$\frac{1}{2}$  teaspoon salt**  
**Dash of pepper**  
**12 slices bacon**

Thaw frozen scallops; rinse with cold water to remove any shell particles. Place pineapple, mushrooms, green pepper, and scallops in bowl.

Combine butter, lemon juice, parsley, soy sauce, salt, and pepper; pour over scallop mixture. Let stand 30 minutes; stir occasionally.

Fry bacon until cooked but not crisp; cut each slice in half.

Using long skewers, alternate scallops, pineapple, mushrooms, green pepper, and bacon until skewers are filled. Cook about 4-inches from moderately hot coals or broiler 5 minutes. Baste with sauce; turn. Cook 5 to 7 minutes, until bacon is crisp. Yield 6 servings.

### scallops with bacon

**1 quart scallops**  
 **$\frac{1}{2}$  pound thinly sliced bacon**

Boil scallops, splitting large ones, in their own liquor or water until they begin to shrink. In baking pan place layer of bacon, then layer of scallops; cover with second layer of bacon. Cook in 350°F oven until bacon is crisp. Yield 6 servings.

## SHRIMP

### baked stuffed shrimp

**1 pound extra jumbo or lobster shrimp**  
 **$\frac{1}{4}$  cup milk**  
**1 egg**  
 **$\frac{1}{2}$  cup bread crumbs**  
 **$\frac{1}{2}$  teaspoon paprika**  
**1 pound lump crab meat**  
**1 teaspoon Worcestershire sauce**  
**Salt and pepper to taste**  
**1 teaspoon Tabasco sauce**  
**1 teaspoon mustard**  
**1 tablespoon mayonnaise**  
**2 slices white bread, cubed into small pieces**  
**1 medium onion**  
 **$\frac{1}{2}$  green pepper, finely chopped**  
 **$\frac{1}{2}$  cup butter or margarine, melted**

Shell uncooked shrimp; leave tail shell on. Split shrimp down back; spread apart, butterfly fashion. Dip uncooked shrimp into milk and egg mixture. Next dip in bread crumbs and paprika mixture.

Combine crab meat, Worcestershire sauce, salt, pepper, Tabasco sauce, mustard, mayonnaise, and bread cubes.

Sauté onion and green pepper in 2 tablespoons melted butter; add to crab meat mixture.

Firmly stuff breaded shrimp with crab meat mixture. Place shrimp, tail-side-up, on greased, shallow baking dish. Baste with butter. Bake in 400°F oven 30 to 40 minutes, until brown. Yield 5 servings.

### beer-batter fried shrimp

**2 pounds shrimp, shelled, deveined**  
**1 (12-ounce) can beer**  
**1 cup flour**  
**1 tablespoon salt**  
**1 tablespoon paprika**  
**Dash of red pepper to taste**  
**Fat for deep frying**

Shell and devein raw shrimp.

Pour beer into large bowl. Blend dry ingredients into beer to make pancake-like batter. While using batter, stir from time to time. Thoroughly coat each shrimp with batter just before frying. Fry shrimp, a few at a time, in hot deep fat until golden brown and crusty. Drain shrimp on paper towel; transfer to hot platter. Yield 6 servings.





*boiled shrimp*

## **boiled shrimp**

**2 quarts water**  
**1 tablespoon Worcestershire sauce**  
**1/8 teaspoon hot sauce**  
**10 peppercorns**  
**1/2 lemon, sliced**  
**2 teaspoons salt**  
**2 bay leaves**  
**1 small onion, halved**  
**1 piece of celery with leaves**

### **3 pounds fresh medium shrimp**

Bring water to boil in kettle. Add all ingredients except shrimp; boil 10 minutes. Add shrimp; bring to slow boil. Cook, stirring occasionally, 5 minutes; remove from heat. Cover; let stand 15 minutes. Drain in colander; cool. Peel; devein. Use in recipes as instructed when boiled shrimp are needed. Boiled Shrimp can be served with hot garlic butter, a rémoulade sauce or other seafood sauces, if desired. Yield about 5 cups.



## cantonese shrimp and beans

- 1½ pounds frozen raw, peeled, deveined shrimp
- 1½ teaspoons chicken-stock base
- 1 cup boiling water
- ¼ cup thinly sliced green onion
- 1 clove garlic, crushed
- 1 tablespoon salad oil
- 1 teaspoon salt
- ½ teaspoon ginger
- Dash of pepper
- 1 (9-ounce) package frozen cut green beans, thawed
- 1 tablespoon cornstarch
- 1 tablespoon cold water

Thaw frozen shrimp.

Dissolve chicken-stock base in boiling water.

Cook onion, garlic, and shrimp in oil 3 minutes; stir frequently. If necessary, add a little broth to prevent sticking. Stir in salt, ginger, pepper, beans, and broth; cover. Simmer 5 to 7 minutes, until beans are cooked but still slightly crisp.

Combine cornstarch and water. Add to shrimp; cook until thick and clear, stirring constantly. Yield 6 servings.

## curried shrimp

- ¼ cup butter
- ¼ cup flour
- 2 tablespoons curry powder
- 1 teaspoon salt
- ½ cup catsup
- 1½ cups canned milk
- ¼ cup sherry
- 1 pound shrimp, cooked, cleaned



*cantonese shrimp and beans*

Melt butter in frypan over low heat. Add flour; stir quickly. Add curry powder and salt; cook to thick paste. Add catsup; stir. Very slowly add milk; stir hard to prevent lumping. Add sherry; simmer slowly 5 minutes. Add shrimp; heat. Serve over rice. Yield 3 to 4 servings.

## curried shrimp indienne

- 1½ teaspoons vinegar
- 1 clove garlic, minced
- 1½ teaspoons ground coriander
- ½ teaspoon salt
- ½ teaspoon turmeric
- ¼ teaspoon cumin
- ¼ teaspoon dry mustard
- ⅛ teaspoon freshly ground pepper
- ⅛ teaspoon ground ginger
- 1 small piece stick cinnamon
- Dash of cayenne pepper

*curried shrimp indienne*





1 cardamom seed  
 1 bay leaf  
 1 pound fresh large shrimp, peeled, deveined  
 1½ tablespoons butter  
 ½ cup chopped onions  
 ½ green sweet pepper, chopped  
 ½ cup Coconut Milk  
 1 tablespoon all-purpose flour  
 1½ teaspoons lemon juice

Combine vinegar, garlic, coriander, salt, turmeric, cumin, mustard, pepper, ginger, cinnamon, cayenne pepper, cardamom, and bay leaf in medium-size bowl. Add shrimp; mix well. Cover; refrigerate 2 hours.

Melt butter in blazer pan or chafing dish over direct flame. Add onions and green pepper; cook, stirring occasionally, until tender. Remove cinnamon stick, cardamom seed, and bay leaf; add shrimp mixture. Cook, stirring occasionally, 10 minutes or until shrimp are tender.

Combine Coconut Milk and flour; stir into shrimp mixture. Cook about 3 minutes, until sauce thickens and comes to boil. Stir in lemon juice. Serve with rice, Toasted Coconut, plumped raisins, peanuts, and chutney. Yield 4 servings.

#### **coconut milk**

½ cup milk  
 ½ cup grated coconut

Combine milk and coconut in small saucepan; bring to boil over medium heat. Boil 2 minutes; strain. Use milk as instructed. Reserve coconut for toasting.

#### **toasted coconut**

½ cup grated coconut  
 1 tablespoon butter  
 2 tablespoons confectioners' sugar

Mix coconut with butter and sugar; spread on baking sheet. Bake in preheated 350°F oven 8 to 10 minutes, until browned.

## **french-fried butterfly shrimp**

2 pounds large raw shrimp  
 1 cup sifted all-purpose flour  
 ½ teaspoon sugar  
 Dash of curry powder  
 1 egg  
 1 cup water  
 2 teaspoons salad oil  
 ½ teaspoon salt

Peel shrimp; leave tail on. Slit shrimp along back; remove sand vein. Flatten; make cut in back. Pull tail through; pat dry.

Combine dry ingredients; add egg, water, and oil; beat well. Dip shrimp in batter; fry in hot fat

until golden brown. Remove to paper towels. Serve immediately. Yield 4 to 6 servings.

*Note: For an appetizer, serve with chutney and lemon wedges. For main course serve with chili or tartar sauce.*

## **marinated shrimp**

2½ pounds jumbo shrimp  
 ¼ bottle Italian dressing

Pancake mix

Garlic Sauce

Salt and pepper to taste

Peel shrimp; leave tails on. Place in bowl; pour dressing over. Marinate several hours in refrigerator.

Put pancake mix in paper bag; after shrimp have drained well, shake in bag for coating. Lay shrimp in large, rather flat pan; add salt and pepper. Spoon sauce over; broil each side 10 minutes. Yield 5 to 6 servings.

#### **garlic sauce**

⅛ pound (½ stick) butter  
 ⅛ pound (½ stick) margarine  
 4 tablespoons minced parsley  
 2 tablespoons very finely diced garlic

Melt butter and margarine. Cut in parsley and garlic; mix well.

## **shrimp and asparagus**

1 pound cooked shrimp, shelled, deveined  
 1 can water chestnuts, drained, sliced  
 1 medium onion, sliced  
 1 cup sliced fresh mushrooms  
 1 cup diagonally sliced celery  
 1 small can mandarin oranges, drained  
 1½ pounds fresh asparagus, steamed  
 2 tablespoons oil  
 ¼ teaspoon salt  
 ½ teaspoon freshly ground black pepper  
 2 tablespoons sugar  
 2 tablespoons soy sauce

Cooked rice

Prepare shrimp; set aside.

Drain and slice water chestnuts.

Arrange shrimp, chestnuts, onion, mushrooms, celery, oranges, and asparagus on large tray.

Heat oil in wok or skillet. Add onion, celery, salt, pepper, and sugar; stir-fry until vegetables are tender but still crisp. Add asparagus and shrimp; place water chestnuts and mushrooms over shrimp. Sprinkle with soy sauce; place orange sections on top. Cover; cook until mixture steams. Reduce heat; simmer about 10 minutes. Serve with rice. Yield 6 servings.

## shrimp with cauliflower and chicken

1 tablespoon vegetable oil  
 1½ cups cauliflower, cut into florets, parboiled  
 (cover with boiling water; let stand 5 minutes)  
 ½ cup peas, fresh, or frozen and defrosted  
 1½ cups cubed cooked chicken  
 1 pound shrimp, cooked  
 2 scallions, cut lengthwise into thin strips

### sauce

¾ cup chicken broth  
 1 tablespoon soy sauce  
 2 tablespoons chili sauce  
 1 tablespoon cornstarch in 2 tablespoons cold water

2 tablespoons dry white wine

Heat oil in frypan or wok; stir-fry cauliflower 2 minutes. Remove with slotted ladle; reserve.

Stir-fry peas 2 minutes; reserve with cauliflower.

Add chicken, shrimp, and scallions to frypan; stir-fry 2 to 3 minutes, until heated. Return vegetables to pan.

Combine sauce ingredients; add to pan. Heat until sauce boils and thickens. Serve with rice. Yield 4 servings.

## shrimp creole

1 cup salad oil  
 1 cup flour  
 2 cups chopped onions  
 1 cup chopped celery  
 1 cup chopped bell peppers  
 2 cloves garlic, chopped  
 1 large can tomatoes  
 2 small cans tomato paste  
 6 cups water  
 3 teaspoons salt  
 ¼ teaspoon red pepper  
 ½ teaspoon black pepper  
 3 pounds raw shrimp, deveined  
 2 tablespoons chopped parsley  
 2 tablespoons chopped scallion tops

Heat oil; stir in flour. Add onions, celery, peppers, and garlic; cook until soft. Add tomatoes and tomato paste; mix well. Cook about 5 minutes. Add water, red and black peppers; simmer 1 hour. Add shrimp; cook 15 minutes. Add parsley and scallion 5 minutes before serving. Serve over rice. Yield 10 servings.

## shrimp de jonghe

2 pounds fresh shrimp cooked, shelled, deveined, or 4 (4½- or 5-ounce) cans shrimp

*shrimp de jonghe*







*shrimp in garlic sauce*

- ¾ cup toasted dry bread crumbs**
- ¼ cup chopped green onions and tops**
- ¼ cup chopped parsley**
- ¾ teaspoon crushed tarragon**
- ¼ teaspoon crushed garlic**
- ¼ teaspoon nutmeg**
- ¼ teaspoon salt**
- Dash of pepper**
- ½ cup butter or margarine, melted**
- ¼ cup sherry**

If using canned shrimp, drain; cover with ice water. Let stand 5 minutes; drain.

Combine crumbs, onions, parsley, and seasonings. Add butter and sherry; mix thoroughly. Combine crumb mixture and shrimp; toss lightly. Place in well-greased, shallow 1-quart casserole. Bake in 400°F oven 15 to 20 minutes, until lightly browned. Yield 6 servings.

## shrimp with feta cheese

- 1 tablespoon lemon juice**
- 1¼ pounds medium shrimp, peeled, deveined**



*shrimp with feta cheese*

- 2 tablespoons olive oil**
- ¼ cup chopped onion**
- ½ bunch green onions, finely chopped (use only part of green stems)**
- 1 clove garlic, minced**
- 1 cup tomato puree**
- ¼ cup dry white wine**
- 1 tablespoon butter**
- 1 tablespoon brandy or ouzo**
- ¼ teaspoon oregano**
- 1 tablespoon chopped parsley**
- ¼ pound feta cheese, cut into ½-inch squares**

Pour lemon juice over shrimp; let stand while making sauce.

Heat oil in heavy skillet. Add onions (green and white) and garlic; sauté until limp. Add tomato puree and wine; let simmer 15 minutes.

Melt butter in another skillet; sauté shrimp until pink (3 to 4 minutes).

Gently warm brandy; ignite. Pour over shrimp; when flame extinguishes, add oregano and parsley. Transfer shrimp to small casserole (1½-quart).

Mix remaining juice from pan in which shrimp were cooked with tomato-puree sauce; pour over shrimp. Top with cheese; press cheese into sauce. Bake at 375°F 15 minutes or until hot and bubbly. Yield 4 servings.

## shrimp in garlic sauce

- 1 tablespoon vegetable oil**
- 1 small onion, chopped**
- 1 teaspoon freshly grated gingerroot**
- 3 cloves garlic, minced**

## SEAFOOD • SHRIMP

**4 Chinese dried black mushrooms (soaked 30 minutes in warm water, drained, sliced)**

**½ cup peas, fresh, or frozen and defrosted**

**1 pound cooked shrimp**

**1 cup chicken broth**

**2 teaspoons soy sauce**

**1 tablespoon cornstarch blended with 2 tablespoons water**

Heat oil in frypan or wok; stir-fry onion, ginger, and garlic. Mix in mushrooms and peas; stir-fry 2 to 3 minutes. Add shrimp; stir-fry 1 to 2 minutes.

Combine broth, soy sauce, and cornstarch. Add to shrimp mixture; heat until sauce boils and thickens. Serve at once over boiled rice. Yield 4 servings.

### shrimp jambalaya

**1½ pounds fresh shrimp, cooked, shelled, cleaned, or 3 (4½- or 5-ounce) cans shrimp**

**1 cup chopped green pepper**

**½ cup chopped onion**

**2 cloves garlic, finely chopped**

**¼ cup melted butter or oil**

**1 (1-pound) can tomatoes**

**1½ cups water**

**1 cup uncooked rice**

**½ teaspoon crushed whole thyme**

**¼ teaspoon salt**

**1 bay leaf**

**Dash of pepper**

**¼ cup chopped parsley**

If using canned shrimp, drain; cover with ice water. Let stand 5 minutes; drain.

*shrimp jambalaya*

Cook green pepper, onion, and garlic in butter until tender. Add remaining ingredients, except parsley and shrimp; cover. Cook 25 to 30 minutes, until rice is tender; stir occasionally. Add parsley and shrimp; heat. Remove bay leaf. Yield 6 servings.

### shrimp kebobs with barbecued rice

**Allow about 6 shrimp per skewer**

**1 green pepper**

**1 sweet red pepper**

**3 or 4 small white onions**

**3 or 4 very small tomatoes (cherry)**

#### *marinade*

**½ cup oil**

**2 sprigs thyme**

**Juice of 1 lemon**

**Salt and pepper**

Combine all marinade ingredients.

Shell and devein shrimp.

Arrange the kebob ingredients alternately on skewers, finishing with tomato; place in shallow pan. Pour marinade over; leave at least 1½ hours.

Cook over hot coals about 10 to 15 minutes, brushing frequently with marinade. Serve with Barbecued Rice. Yield 3 or 4 skewers, according to their length.

#### *barbecued rice*

**1 cup rice**

**½ cup sliced mushrooms**

**1 cup water**





- ½ onion, peeled, finely chopped
- ½ teaspoon salt
- 1 teaspoon Worcestershire sauce
- ¼ cup (½ stick) butter or margarine

Fold 36-inch length of 18-inch foil into square; seal sides to form bag. Put in rice, mushrooms, water, onion, salt, and sauce; mix carefully. Dot with butter. Fold over top edges of foil to seal bag tightly. Place on barbecue over hot coals about ½ hour. Before serving, open foil; add a little extra butter. Fluff up rice with fork.

## shrimp marinara

- 1 tablespoon salad oil
- 2 cloves garlic, crushed
- 1 tablespoon chopped parsley
- 1 tablespoon sugar
- 1 teaspoon salt
- ½ teaspoon dried oregano leaves
- ¼ teaspoon dried basil leaves
- ½ teaspoon pepper
- Dash of cayenne
- 1 (1-pound 12-ounce) can Italian tomatoes
- 1 can tomato paste
- 2 pounds shrimp
- Spaghetti

Heat oil in large, heavy skillet over low heat. Add garlic; sauté until golden, about 3 minutes. Remove from heat; add parsley, sugar, salt, oregano, basil, pepper, cayenne, tomatoes, and tomato paste. Break up tomatoes; bring to boiling. Reduce heat; simmer, uncovered, 25 minutes, stirring occasionally.

Boil shrimp; shell. Devein, if preferred. Add to sauce; simmer about 10 minutes. Cook spaghetti until just tender; serve sauce over spaghetti. Yield 6 servings.

## shrimp newburg

- 2 tablespoons butter
- 1½ tablespoons flour
- ¾ teaspoon salt
- Few grains cayenne
- ½ cup cream
- ¼ cup milk
- 2 cups cooked shrimp
- 2 egg yolks, beaten
- 2 tablespoons sherry

Melt butter. Add flour, salt, and cayenne; mix well. Add cream and milk gradually; bring to boiling point, stirring constantly. Add shrimp. Just before serving, add egg yolks and sherry. Serve on rounds of puff pastry. Garnish with parsley and thin strips of pimiento. Yield 4 servings.

## shrimp orleans

- 2 chopped onions
- 2 tablespoons butter
- 1 pound fresh shrimp
- 2 tablespoons flour
- 1 cup sour cream
- Salt
- Pepper

Sauté onions in butter to light brown.

Simmer shrimp in boiling salted water to just cover 3 minutes. Drain; reserve liquid. Shell shrimp; devein.

Dredge with flour, and add to onions. Cook slowly 5 minutes without browning. Add sour cream; simmer slowly 20 minutes. Add ¼ cup shrimp liquid; season to taste with salt and pepper. Heat thoroughly; serve on buttered toast. Yield 4 servings.

## shrimp risotto

- 1 pound shrimp
- stock*
- 2 small onions, sliced
- ½ stalk celery, chopped
- 1 clove garlic, minced
- 1 cup white wine
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 cups water
- 1 small onion, chopped
- 1 tablespoon water
- 1 tablespoon dry vermouth
- 1½ cups uncooked rice
- 1 stalk celery, chopped
- ¼ pound fresh mushrooms, sliced
- 1 red or green pepper, sliced
- 1 package frozen peas, thawed
- ¼ teaspoon saffron

### *garnish*

- 1 tablespoon finely chopped parsley
- ¼ cup grated Parmesan cheese

Peel and devein shrimp.

Put stock ingredients plus shrimp peels and 3 cups water in 1½-quart saucepan. Simmer 20 minutes; strain.

Cook onion in large saucepan in 1 tablespoon water and vermouth until translucent. Add rice and strained stock; cover. Simmer 15 minutes. Add celery, mushrooms, green pepper, peas, and saffron; cover. Simmer gently 10 minutes. Add shrimp; bring to boil. Boil 3 to 5 minutes. Transfer food to hot serving dish; garnish with parsley and cheese. Yield 4 servings.



*shrimp risotto*

## **shrimp scampi**

2 pounds large shrimp  
½ cup corn oil  
3 tablespoons dried parsley flakes  
3 tablespoons finely chopped fresh parsley  
2 tablespoons lemon juice  
1 teaspoon dry mustard  
2 teaspoons salt  
¼ teaspoon pepper  
4 cloves garlic, pressed

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Marinate shelled, deveined shrimp in mixture of remaining ingredients.

Preheat broiler to 500°F. Put shrimp in marinade in broiler pan 4-inches from heat 5 minutes. Turn shrimp; broil 5 minutes. Yield 4 servings.

## **shrimp thermidor**

1½ pounds fresh shrimp, cooked, shelled, deveined, or 3 (4½- or 5-ounce) cans shrimp  
1 (4-ounce) can mushroom stems and pieces, drained



**¼ cup melted butter or oil**  
**¼ cup flour**  
**½ teaspoon powdered mustard**  
**Dash of cayenne pepper**  
**2 cups milk**  
**2 tablespoons chopped parsley**  
**Salt**  
**Grated Parmesan cheese**  
**Paprika**

If using canned shrimp, drain; cover with ice water. Let stand 5 minutes; drain.

Cook mushrooms in butter 5 minutes. Blend in flour and seasonings. Add milk gradually; cook until thick, stirring constantly. Add shrimp and parsley. Add salt to taste. Place in 6 well-greased, individual scallop or clam shells or 6-ounce custard cups. Sprinkle with cheese and paprika. Bake in 400°F oven 10 to 15 minutes, until lightly browned. Yield 4 to 6 servings.

## shrimp in wine sauce

**2 tablespoons butter or margarine**  
**1 pound cooked shrimp, shelled, deveined**  
**1 tablespoon cornstarch**  
**½ teaspoon seafood seasoning**  
**¼ cup dry sherry**  
**2 tablespoons water**

Melt butter in medium skillet; sauté shrimp 2 minutes.

Mix cornstarch and seafood seasoning with sherry and water until very smooth. Add to shrimp; stir until sauce is thickened, about 5 minutes. Yield 4 to 6 servings.

## skillet shrimp gumbo

**⅓ cup oil**  
**2 cups sliced fresh okra or 1 package frozen okra, sliced**  
**1 pound shrimp, peeled, deveined**  
**½ cup chopped green onions and tops**  
**3 cloves garlic, finely minced**  
**1½ teaspoons salt**  
**½ teaspoon freshly ground pepper**  
**2 cups water**  
**1 cup canned tomatoes, drained**



*shrimp in wine sauce*

**2 whole bay leaves**  
**6 drops Tabasco sauce**  
**1½ cups cooked rice**

Heat oil in large skillet. Cook okra 10 minutes; stir occasionally. Add shrimp, onions, garlic, salt, and pepper; simmer 5 minutes. Add water, tomatoes, and bay leaves; cover. Simmer 20 minutes; remove bay leaves. Stir in Tabasco.

Place liberal scoop of rice in each soup bowl. Fill to top with gumbo. Yield 6 servings.

## sweet-'n-sour shrimp

**1½ pounds cooked shrimp, or 3 (4½- or 5-ounce) cans shrimp**  
**1¾ cups apple juice**  
**½ cup vinegar**  
**⅓ cup sugar**  
**¼ cup catsup**  
**2 tablespoons melted butter or oil**  
**1 tablespoon soy sauce**  
**¼ teaspoon salt**  
**½ cup diagonally sliced carrots**  
**½ cup cubed green pepper**  
**¼ cup sliced green onions and tops**

*shrimp thermidor*



*sweet-'n-sour shrimp*

**2 tablespoons cornstarch**

**½ cup toasted slivered blanched almonds**

**2 cups hot cooked rice**

If using canned shrimp, drain; cover with ice water. Let stand 5 minutes; drain.

Combine 1½ cups apple juice, vinegar, sugar, catsup, butter, soy sauce, and salt; bring to boiling

point. Add carrots; simmer 15 minutes. Add green pepper and onions; cook 5 minutes.

Dissolve cornstarch in ¼ cup apple juice; add gradually to hot sauce. Cook until thickened; stir constantly. Add shrimp; heat. Add almonds to rice. Serve shrimp sauce over rice. Yield 6 servings.

*squid athenian-style*





## SQUID

### fried squid

- 3 pounds frozen squid
- 2 cups bread crumbs
- 1 teaspoon salt
- ½ teaspoon pepper
- ¾ teaspoon oregano
- 3 eggs, well beaten
- Oil for frying

Thaw squid. Remove arms by cutting from head; reserve. Remove and discard head, chitinous pen, and viscera. Wash thoroughly; drain. Cut mantle into rings.

Combine bread crumbs, salt, pepper, and oregano.

Dip tentacles and mantle rings in eggs, then in bread-crumbs mixture; coat well. Deep-fat fry at 350°F until golden brown. Serve immediately with lemon wedges. Yield 4 or 5 servings.

### squid athenian-style

- 3 pounds frozen squid
- 1 cup chopped onions
- 1 clove garlic, chopped
- 3 tablespoons olive oil
- 2½ cups chopped canned tomatoes
- ½ cup chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¾ teaspoon crumbled dried oregano
- ¼ cup white wine

Thaw squid; remove tentacles. Chop; reserve. Remove and discard head, chitinous pen, and viscera. Wash mantle well; cut into pieces.

Sauté onions and garlic in oil until lightly browned. Add tomatoes, parsley, salt, pepper, oregano, wine, and squid. Cover; simmer 1 hour, until squid is tender. Serve with rice. Yield 4 or 5 servings.

## VARIETY SEAFOOD

### seafood linguine

- ¼ pound butter or margarine
- 2 cans minced clams, drained
- 1 clove garlic, minced fine
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ pound shrimp, cooked, deveined
- 2 teaspoons lemon juice
- 1 pound linguine, cooked

Melt butter in medium skillet. Add all ingredients (except linguine) in order given. Cook on low heat 15 minutes; stir occasionally. Pour over linguine. Yield 4 to 6 servings.

### seafood newburg

- 4 tablespoons butter or margarine
- 4 cups fresh or frozen uncooked seafood (lobster, shrimp, crab meat, or fish fillets, all in 1-inch pieces)
- 3 tablespoons lemon juice
- 1 tablespoon flour
- 1 teaspoon salt
- ½ teaspoon paprika
- ⅛ teaspoon cayenne pepper
- 2 cups light cream
- 3 egg yolks
- 2 tablespoons sherry
- 6 cups hot cooked rice
- Parsley for garnish

Melt butter in large skillet. Sauté seafood about 5 minutes over low heat; stir constantly. Sprinkle with lemon juice.

Mix flour, salt, paprika, and pepper; stir into seafood. Remove from heat. Gradually stir in 1½ cups cream. Return to heat until sauce comes to simmer.

*seafood newburg*



## SEAFOOD • VARIETY SEAFOOD

Combine egg yolks with remaining  $\frac{1}{2}$  cup cream; blend in  $\frac{1}{4}$  cup hot liquid mixture. Return to skillet; stir until slightly thickened. Add sherry last, liberally if you prefer. Serve over rice; garnish with parsley. Yield 6 to 8 servings.

### seafood pasquille

Tomato Coulis Sauce (see Index)

- 1½ to 2 pounds shrimp, peeled, uncooked
- 6 small lobster tails, uncooked, out of shells, quartered
- 1 stick butter
- 1 large onion, cut up
- 1 large green pepper, cut up
- 1 (8-ounce) can clams, undrained

Prepare sauce; use canned Italian plum tomatoes if fresh are unavailable.

Prepare shrimp and lobster.

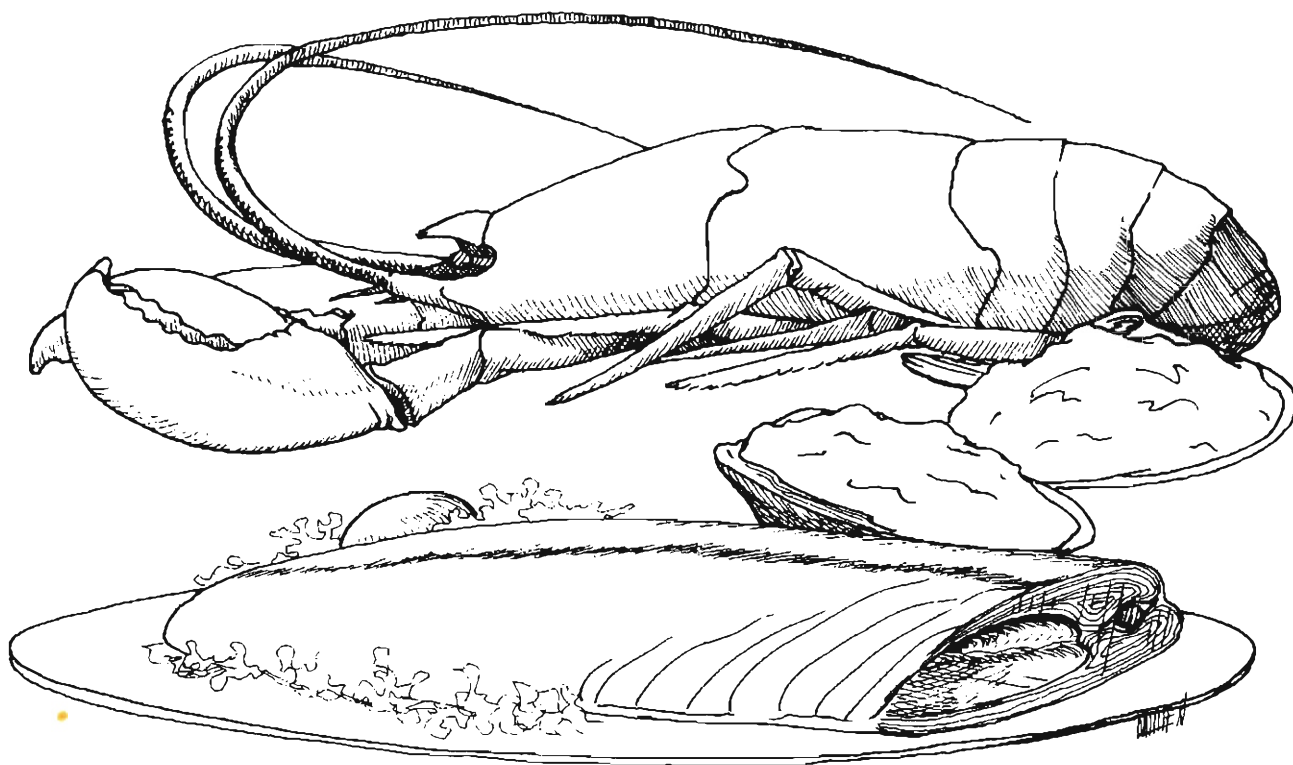
Heat butter in large skillet; sauté onion and pepper 1 minute. Add shrimp and lobster; cook until

lobster turns pink, about 3 minutes. Slowly add sauce and clams; cook 2 to 3 minutes, until well mixed. Turn off heat; let set 1 hour. Reheat when ready to serve; serve over rice or spaghetti. Yield 6 servings.

### seafood scampi

- 12 tablespoons butter or margarine
- 6 cloves garlic, crushed
- 1 teaspoon salt
- 1½ pounds shrimp, cleaned, deveined
- 1½ pounds raw fish, your choice, cut into chunks
- 4 spring onions, chopped
- ½ cup chopped parsley

Melt butter in large skillet. Add garlic and salt, then seafood; cook 5 minutes, stirring constantly. When shrimp is pink and fish flakes tender, add onions and parsley. Cook 3 minutes. Serve over Chinese noodles. Yield 6 to 8 servings.





# SOUFFLÉS

## CHEESE

### cheese and egg soufflé

3 tablespoons butter  
3 tablespoons all-purpose flour  
1 cup milk  
½ cup freshly grated Parmesan cheese  
Salt to taste  
Dash of nutmeg  
4 egg whites, stiffly beaten  
4 eggs

Melt butter in saucepan over medium heat. Add flour; stir until smooth. Add ¼ cup milk; stir constantly until mixture clings together and forms ball. Add remaining milk gradually; cook, stirring

constantly, until smooth and thickened. Add cheese and seasonings; cook, stirring, until well combined. Cool thoroughly. Thoroughly fold ¼ of egg whites into cheese mixture; gently fold in remaining egg whites. Turn half the soufflé mixture into buttered 7-inch soufflé dish; make 4 indentations in soufflé mixture, using lightly oiled tablespoon.

Break eggs, one at a time, into small dish; pour carefully into indentations. Sprinkle eggs lightly with salt; pour in remaining soufflé mixture. Smooth top toward center to form small dome. Bake in preheated 425°F oven 1 shelf above center 15 to 20 minutes, until soufflé is puffed and browned. Serve immediately. Sprinkle each serving with additional cheese, if desired. Yield 4 servings.

*cheese and egg soufflé*



## SOUFFLÉS • CHEESE

### cottage-cheese soufflé

- 4 eggs, separated
- 1 (8-ounce) container dry or pot-style cottage cheese, sieved or blended
- 1 cup shredded Swiss, Muenster, or Gruyère cheese (about 4-ounces)
- ½ cup mayonnaise
- ½ teaspoon dried dillweed

In small bowl with mixer at high speed beat egg whites until stiff peaks form; set aside.

In large bowl with mixer at high speed beat egg yolks until thick and lemon colored. Add remaining ingredients; beat at high speed until smooth. Fold in whites until well blended. Pour into 2-quart soufflé dish or casserole. Bake in 350°F oven 40 to 45 minutes, until knife inserted near center comes out clean. Serve immediately. Yield 4 servings.

### sky-high cheese soufflé

- ½ cup butter or margarine
- ½ cup flour
- 1 teaspoon salt
- Dash of pepper
- 2 cups milk
- 2 cups shredded sharp cheddar cheese (½-pound)
- 8 eggs, separated

Melt butter in heavy saucepan over medium heat; stir in flour, salt, and pepper. Add milk; cook over low heat until sauce is thick and smooth, stirring constantly. Add cheese; stir until it melts. Remove from heat.

Beat egg yolks until light; add to sauce slowly in fine stream, beating constantly.

Beat egg whites until they hold stiff but not dry peaks. Carefully fold sauce into egg whites. Pour into buttered 2½-quart soufflé dish or casserole. For attractive "top hat" effect on finished soufflé, run tip of knife around and through casserole about ½-inch deep and 1-inch from edge of dish. Bake at 475°F 10 minutes; lower heat to 400°F; bake 25 to 30 minutes, until nicely browned, puffed, and fairly firm to touch. Serve immediately. Yield 6 servings.

## MEAT

### ham soufflé

- 2 cups cold cooked ham, finely minced
- 6 tablespoons butter or margarine
- ⅓ cup bread crumbs
- ¼ cup flour
- 1½ cups milk
- 3 eggs, separated

- ½ green pepper, finely minced

Salt to taste

Sauté ham in 2 tablespoons butter until butter is absorbed. Add bread crumbs; blend well.

Melt rest of butter in another frying pan. Add flour; stir until smooth. Add milk slowly; stir constantly. Add beaten egg yolks. Add ham mixture, green pepper, and salt. Fold in stiffly beaten egg whites. Pour into well-greased 2-quart baking dish. Bake at 350°F about 45 minutes, until firm. Yield 6 servings.

## SEAFOOD

### oyster soufflé

- 1 pint standard oysters
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup half-and-half cream
- 1 teaspoon salt
- ¼ teaspoon white pepper
- 3 egg yolks, beaten
- 3 egg whites, beaten stiff

Drain oysters; chop.

Melt butter; blend in flour until paste forms. Add cream; cook, stirring constantly, until thick. Remove from heat; add oysters, seasonings, and egg yolks. Fold in egg whites. Pour into greased casserole. Bake in 350°F oven 30 minutes or until brown. Yield 6 servings.

### salmon soufflé

- 1 can salmon, red or pink
- 2 tablespoons butter
- 1 tablespoon flour
- 1 cup milk
- ½ teaspoon salt
- Dash of freshly ground black pepper
- 1 teaspoon chopped chives (optional)
- 3 eggs, separated
- 2 teaspoons lemon juice

Remove dark skin and all bones from drained salmon. Mash with fork. (You should have about 1 cup.)

Melt butter on top of stove. Add flour; blend. Gradually add milk; stir until sauce is slightly thickened. Add salmon, salt, pepper, and chives; remove from heat.

Beat egg whites stiff.

Add beaten egg yolks and lemon juice to salmon mixture. Fold in egg whites. Bake in greased mold at 350°F 45 minutes. Salmon is done when knife comes out of center clean. Delicious with a Hollandaise Sauce (see Index). Yield 4 to 6 servings.





*mushroom soufflé*

## VEGETABLE

### mushroom soufflé

**2 cups finely chopped fresh mushrooms**  
**½ cup vermouth**  
**¾ cup milk**  
**3 tablespoons butter**  
**3 tablespoons all-purpose flour**  
**¾ teaspoon salt**  
**¼ teaspoon white pepper**  
**5 eggs, separated**

Combine mushrooms and vermouth in small saucepan. Add milk; bring to boil. Reduce heat; simmer 15 minutes.

Melt butter in saucepan; stir in flour. Cook, stirring constantly, until golden. Stir in mushroom mixture; cook, stirring constantly, about 3 minutes, until thick. Remove from heat; season with salt and pepper.

Beat egg yolks with fork until light and lemon-colored. Pour slowly into mushroom mixture; beat vigorously with wooden spoon. Bring just to boiling, but do not boil. Remove from heat; stir constantly several minutes or until cooled.

Beat egg whites until stiff but not dry; fold about ⅓ thoroughly into mushroom mixture. Add remainder; fold in lightly but thoroughly. Turn into 7-inch buttered and floured soufflé dish. Bake in preheated 350°F oven 35 minutes or until puffed, browned, and firm in center. Yield 4 to 6 servings.

### onion soufflé

**6 tablespoons butter or margarine**  
**4 tablespoons flour**  
**1 cup milk**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**8 egg yolks**  
**½ cup chopped onion**  
**10 egg whites**

Melt 4 tablespoons butter; stir in flour. When blended and smooth, add milk; stir vigorously with wire whisk. Season; when thickened and smooth, cool.

Beat yolks lightly; stir into sauce. Return to heat; cook briefly.

Cook onion in remaining butter until wilted.

## SOUFFLÉS • VEGETABLE

Beat egg whites until stiff; stir half into sauce with wire whisk. Fold mixture into remaining whites; pour into buttered 2-quart soufflé dish. Bake 30 to 35 minutes in preheated 375°F oven until well puffed. Yield 6 servings.

### potato soufflé

**3 cups hot mashed potatoes**  
**2 tablespoons butter or margarine**  
**2 tablespoons chopped onion**  
**2 teaspoons chopped parsley**  
**1/8 teaspoon cayenne**  
**1 teaspoon salt**  
**3 eggs**

Combine potatoes, butter, onion, parsley, cayenne, and salt.

Separate eggs. Beat yolks; add to mixture, mixing thoroughly.

Beat egg whites stiff; fold into mixture. Put in greased baking dish; set in pan of water. Bake in 350°F oven 50 to 60 minutes. Yield 6 servings.

### pumpkin soufflé

**1 cup canned or thick mashed cooked fresh pumpkin**  
**1/2 teaspoon ground nutmeg**  
**1/2 teaspoon grated lemon rind**  
**1/2 cup firmly packed brown sugar**  
**3 egg whites**  
**1/8 teaspoon salt**

Combine pumpkin with nutmeg, lemon rind, and sugar; mix well.

Beat egg whites until stiff. Add salt; fold into pumpkin mixture. Fill greased 1-quart baking dish or individual molds two-thirds full; set in pan of hot water. Bake in preheated 350°F oven about 40 minutes for large mold, 25 to 30 minutes for individual molds. Yield 4 to 6 servings.

### spinach soufflé with spicy sauce

**1 (10-ounce) package frozen chopped spinach**  
**3 tablespoons butter**  
**5 tablespoons cornstarch**  
**3/4 teaspoon salt**  
**1/8 teaspoon pepper**  
**1 cup milk**  
**4 eggs, separated**  
**1/4 teaspoon nutmeg**  
**1 (14-ounce) can stewed tomatoes**



*spinach soufflé with spicy sauce*

**1 (3-ounce) can mushrooms**  
**1/4 teaspoon dried basil leaves**  
**Dash of Worcestershire sauce**

Cook spinach according to package directions; drain well.

Melt butter in small, heavy saucepan over medium heat; stir in 3 tablespoons cornstarch, 1/2 teaspoon salt, and pepper until smooth. Stir in milk gradually; bring to boil, stirring constantly. Cook 1 minute; remove from heat.

Beat egg yolks slightly. Stir small amount of hot mixture into yolks; stir back into hot mixture. Add spinach and nutmeg; mix thoroughly.

Beat egg whites until stiff peaks form; fold 1/4 into spinach mixture. Fold in remainder; turn into 1 1/2-quart soufflé dish. Bake in preheated 375°F oven 30 to 35 minutes until knife inserted in center comes out clean.

Prepare sauce while soufflé is baking. Combine tomatoes, mushrooms, basil, Worcestershire sauce, remaining cornstarch and remaining salt in small saucepan; bring to boil over medium heat, stirring constantly. Cook 1 minute. Serve sauce with soufflé. Yield 4 servings.



# SOUPS

## BASIC STOCKS

### basic beef stock

3 pounds beef brisket  
2 pounds medium soup bones  
5 quarts water  
4 green onions and tops  
1 large onion, studded with 10 cloves  
1 celery stalk and leaves  
1 Bouquet Garni (see Index) (optional)  
2 tablespoons salt

Place beef and bones in large baking pan. Bake at 400°F about 1 hour or until well browned on both sides. Remove from pan; place in large stock pot. Drain off fat from baking pan. Add 1 cup water to pan; scrape up brown bits from bottom. Pour into stock pot. Add remaining water and remaining ingredients, except salt. Bring slowly to boil; remove scum as it accumulates on surface. Cover; simmer 1 hour. Add salt; simmer 3 hours. Remove meat and vegetables; strain through wet muslin. Chill; remove fat before using.

### basic chicken stock

1 (4-pound) hen  
1 pound chicken wings  
2 tablespoons salt  
4 peppercorns  
5 quarts water  
½ bay leaf  
Pinch of thyme  
6 green onions with tops  
4 large carrots, quartered  
2 stalks celery, with leaves, cut into 2-inch pieces  
1 large onion, studded with 3 cloves

Place chicken, salt, peppercorns, and water in stock pot; bring to boil over medium heat, removing scum from surface. Cover pot; reduce heat. Simmer 1 hour; skim frequently. Add remaining ingredients; cover. Cook about 2½ hours; skim off fat. Season to taste with additional salt and pepper. Remove chicken and vegetables from stock. Strain stock through wet muslin; chill. Remove fat before using.

### basic court bouillon for seafood

2 medium carrots, grated  
1 medium onion, minced  
Generous pinch of leaf thyme  
½ bay leaf  
¼ cup tarragon vinegar  
1 quart cold water

### 2 peppercorns

Place all ingredients except peppercorns in 2-quart saucepan; bring to boil. Reduce heat; simmer 15 minutes. Add peppercorns; simmer 12 minutes. Cool to lukewarm; strain.

### basic fish stock

2 slices lemon  
2 parsley stalks  
¼ medium onion  
1½ pounds inexpensive whitefish  
1 pound fish bones (if available)  
½ cup vermouth  
3 peppercorns

Place lemon, parsley, onion, fish, and bones in 4-quart saucepan. Add vermouth, peppercorns, and enough water to cover. Cover saucepan; bring to fast, rolling boil. Remove cover; remove scum. Add ½ cup cold water; bring to boil. Reduce heat; boil slowly about 15 minutes, until lemon and onion are slightly transparent and fish flakes easily. Strain thoroughly.

### basic lamb stock

2½ pounds lamb shoulder bones and trimmings  
1 tablespoon salt  
1 teaspoon peppercorns  
2 cups coarsely chopped celery and leaves  
1 large clove garlic, halved  
2 onions, quartered  
2 carrots, coarsely chopped

Combine bones and 2 quarts water in large heavy saucepan; bring to boil. Reduce heat; simmer 15 minutes, skimming top occasionally. Add remaining ingredients; simmer 1½ hours. Strain stock through fine sieve; cool. Remove fat. Yield about 1½ quarts.

*Note: Clarification is not a substitute for skimming, but an optional addition to it.*

### clarifying stock

2 eggshells  
4 to 6 cups stock  
2 egg whites

Pull away inner skins from 2 eggshells; wash; crush into hot stock. Add 2 egg whites; beat with rotary beater over moderate heat, about 4 minutes, until thick foam forms on top. Foam must be thick and high. Remove beater; bring mixture to boil without stirring. Reduce heat to low; simmer 10 minutes. Remove from heat; let stand 3 minutes. Place piece of wet muslin in large sieve; pour stock mixture slowly and steadily through muslin, draining well. This procedure makes stock sparkling clear.

## SOUPS • FRUIT

### FRUIT

#### apple soup

**1½ pounds tart apples**  
**2½ quarts water**  
**½ lemon, thinly sliced**  
**1 stick cinnamon**  
**4 tablespoons cornstarch**  
**¼ cup water**  
**Sugar to taste**  
**¼ cup wine (optional)**

Wash, quarter, and core apples; do not peel. Cook until soft in 1 quart of water with lemon and cinnamon. Put apples through a coarse sieve. Put with rest of water into pot; bring to boil.

Mix cornstarch with ¼ cup water; add to pot, stirring constantly. Add sugar and wine. Serve hot. Yield 8 servings.

#### avgolemno soup

**5 cups strong chicken stock**  
**2 to 3 tablespoons rice**  
**1 large or 2 small lemons**  
**2 eggs or 3 egg yolks**  
**4 to 6 tablespoons heavy cream**  
**Chopped parsley**

Heat stock in pan. When boiling, add rice; cook 12 minutes or until rice is cooked.

Grate rind from lemon; squeeze out juice.

Beat eggs well with lemon juice, until frothy.

Take soup pan off heat; let cool slightly before adding 4 to 5 tablespoons hot stock to egg mixture. Stir in well. Pour stock and rice into top of double boiler. Strain egg mixture into stock; stir in well. Stir over gentle heat while soup thickens; do not boil, or eggs will curdle. When soup is creamy, add lemon rind; adjust seasoning. If serving hot, pour into soup cups. Put spoonful of cream into each. Sprinkle with parsley. If serving cold, let soup cool. Add slightly whipped cream; chill before serving. Yield 4 to 6 servings.

#### avocado soup

**2 ripe, soft avocados, pitted, peeled**  
**1 teaspoon lemon juice**  
**1 cup cold chicken broth**  
**1 cup light cream**  
**½ cup plain yogurt**  
**½ cup dry white wine**  
**Salt to taste**

Set aside few thin avocado slices brushed with lemon juice to use as garnish. Place remaining avocado in food processor or blender; blend until smooth. Add remaining ingredients; blend until smooth. Serve very cold; garnish with reserved avocado slices. Yield about 4 cups.

*avgolemno soup*







*avocado soup*



*avocado and prawn soup*

## **avocado and prawn soup**

**1 small onion, finely chopped**  
**2 stalks celery, finely chopped**  
**1 small bay leaf**  
**Blade or pinch of mace**  
**3 or 4 sprigs parsley**  
**Salt and pepper**  
**3 to 4 cups well-flavored Basic Chicken Stock**  
 (see Index)  
**2 or 3 avocados (according to size)**  
**½ cup peeled shrimp**  
**1 cup heavy cream**  
**Chopped chives or paprika**  
**Slivers of fresh avocado**

Put onion, celery, bay leaf, mace, parsley, and a little seasoning into stock. Simmer about 15 minutes to flavor stock. Strain and reserve stock.

Peel and remove seeds from avocados; chop flesh roughly. Put into electric blender or food processor; blend slowly while adding stock. When quite smooth, return to pan; heat very gently,

adding shrimp. Do not let boil; this will spoil flavor and texture of soup. Adjust seasoning.

Whip cream slightly; add spoon of cream to each soup cup. Sprinkle top with chives; add few thin slivers of another avocado as party garnish. Yield 4 to 6 servings.

## **blueberry soup**

**1 quart fresh blueberries, washed, drained**  
**2¼ quarts cold water**  
**½ cup sugar**  
**Generous slice lemon rind**  
**4 tablespoons cornstarch**

Place blueberries, 2 quarts cold water, sugar, and lemon rind in 3-quart pot; cook over low heat only until fruit is soft. Stir in cornstarch mixed with remaining cold water; mixture will thicken slightly. Serve hot or cold. Yield 6 or more servings.

## **cherry soup**

**1½ pounds sweet red cherries**  
 (or canned equivalent)



**4 cups water**  
**½ cinnamon stick (or ¼ teaspoon ground cinnamon)**  
**3 or 4 slivers orange or lemon rind and juice of ½ orange or lemon**  
**1 cup red wine**  
**1 tablespoon cornstarch**  
**Sugar to taste**

Pit cherries; put about three-quarters into pan. Cover with water. Add cinnamon; rind, very finely pared; and orange juice. Cover; simmer gently until cherries are tender. Put through fine food mill or into electric blender or food processor; blend until smooth. Add wine.

Add cornstarch to cold water; mix until smooth. Add a little hot soup to cornstarch mixture; pour back into soup. Stir in well; bring to boil. Cook 4 to 5 minutes; add reserved cherries last few minutes to heat through. Add sugar to taste. Serve hot with crackers, which can be crumbled into soup if desired. Yield 4 to 6 servings.

## cranberry and orange soup

**1 pound fresh cranberries (or canned equivalent)**  
**2 cups light chicken stock (or water)**  
**1½ cups white wine**  
**2 or 3 pieces lemon rind**  
**Pared rind of ripe orange**  
**½ cinnamon stick**  
**¼ to ½ cup sugar to taste**  
**Juice of 2 oranges**  
**Juice of ½ lemon**

**2 envelopes gelatin (if soup is to be jellied)**  
**4 to 6 thin slices orange**

Wash cranberries, if fresh; put into pan with stock and wine. Add lemon and orange rind and cinnamon stick; simmer about 10 minutes, until cranberries have softened. Put fruit and juice through fine nylon sieve or fine food mill after removing cinnamon stick; sweeten to taste. Add orange and lemon juice. (If using canned cranberries, it may not be necessary to add any sugar; these are usually sweetened.)

This soup can also be served jellied if 2 envelopes gelatin are softened in little stock or water and added after soup has been sieved. Reheat soup a few minutes while blending in gelatin.

Serve chilled or jellied with orange as garnish. Yield 4 to 6 servings.

## pumpkin soup

**2 tablespoons butter**  
**2 tablespoons chopped onion**  
**½ teaspoon ginger**  
**1 tablespoon flour**  
**2 cups prepared pumpkin**  
**2 cups Basic Chicken Stock (see Index)**  
**(or 2 chicken bouillon cubes in 2 cups water)**  
**2 cups milk**  
**Salt to season**

Sauté butter, onion, and ginger. Stir in flour. Add pumpkin; cook 5 minutes. Gradually add stock and milk; simmer 5 minutes. Season with salt. Yield 4 servings.

*cranberry and orange soup*



## MEAT

**beef and chinese cabbage soup**

¼ pound rump steak, thinly sliced  
 1 teaspoon corn flour  
 ½ teaspoon soy sauce  
 ½ teaspoon dry sherry  
 2 teaspoons oil  
 3 cups water  
 2 cups shredded Chinese cabbage  
 1 teaspoon salt

Marinate steak in corn flour, soy sauce, sherry, and oil.

Bring water to boil; add Chinese cabbage. Return to boil; add salt. Cover; simmer 10 minutes. Serve immediately. Yield 4 servings.

**beef-noodle soup**

1¼ pounds beef short ribs  
 1 tablespoon salt  
 6 cups water  
 2 beef bouillon cubes  
 1 cup chopped celery with leaves  
 4 ounces noodles, uncooked

Combine beef, salt, and water in large pan; simmer, covered, about 2 hours, until meat is tender. Skim off excess fat; remove bones. Separate meat into small pieces. Add bouillon and celery; cover. Simmer 10 minutes. Stir in noodles; cover. Simmer 7 to 10 minutes, until noodles and celery are tender. Add a little hot water if thinner soup is desired. Yield 6 servings.

**cottage broth***stock*

2 lamb shanks (about 3 pounds)  
 7 cups water  
 1 onion, studded with 4 cloves  
 2 bay leaves  
 2 teaspoons salt  
 4 peppercorns  
 2 carrots, peeled, chopped  
 1 stalk celery, chopped

*soup*

3 tablespoons butter or margarine  
 2 leeks, cleaned, sliced  
 1 medium onion, chopped  
 2 turnips, peeled, diced  
 3 medium carrots, peeled, sliced  
 2 stalks celery, chopped  
 ¼ cup chopped parsley  
 1 teaspoon crumbled dried thyme

¼ cup barley, soaked overnight in water to cover, drained

The day before serving, place lamb in shallow roasting pan; roast at 400°F until well-browned (20 to 30 minutes). Place lamb and remaining stock ingredients in Dutch oven or heavy kettle; bring to boil. Cover; reduce heat to low. Simmer 2½ to 3 hours, until meat is very tender; remove meat from broth. Strain stock; discard vegetables. Refrigerate stock overnight. Remove lamb from shanks; dice. Reserve for soup.

The following day, melt butter or margarine in large Dutch oven. Add vegetables, except parsley; cook over moderate heat, stirring occasionally, until tender.

Remove fat from soup stock; add to vegetables. Add parsley, thyme, barley, and reserved lamb; mix well. Bring to boil; cover. Reduce heat to low; cook 1 to 1¼ hours, until barley is tender. Yield 8 servings.

**goulash soup**

3 medium onions, sliced  
 1 clove garlic, finely chopped  
 3 tablespoons vegetable oil  
 2 teaspoons paprika  
 ½ pound lean veal, ground  
 ½ pound lean pork, ground  
 3 cups beef stock or bouillon  
 ½ teaspoon salt  
 ⅛ teaspoon pepper  
 2 medium potatoes, sliced  
 3 small tomatoes, chopped

In 4-quart Dutch oven or soup kettle, sauté onions and garlic in hot oil until lightly browned. Add paprika; cook 1 minute. Stir in ground meats; sauté until lightly browned. Gradually add stock and seasonings; cover. Simmer 10 minutes. Add potatoes and tomatoes; cover. Simmer 20 minutes or until potatoes are soft. Yield 6 servings.

**gulyas**

1 pound lean boneless stewing beef  
 2 tablespoons lard  
 2 medium onions, peeled, chopped  
 1 clove garlic, peeled, chopped  
 2 teaspoons Hungarian sweet paprika  
 Dash of cayenne pepper  
 3 cups beef stock or broth  
 2 cups water  
 ½ teaspoon caraway seeds  
 ½ teaspoon crumbled dried marjoram  
 Salt and pepper  
 1 (16-ounce) can tomatoes, broken up  
 2 medium potatoes, peeled, diced  
 2 medium carrots, peeled, sliced





*goulash soup*

**2 red sweet peppers, cleaned, cut into chunks**  
 (green peppers can be substituted all or in part)  
**2 tablespoons flour**  
**2 tablespoons water**

**Sour cream**

Wipe beef with damp cloth; cut into 1-inch cubes.

Melt lard in Dutch oven or soup kettle. Add beef; brown well on all sides. Remove from pan with slotted spoon; reserve.

Add onions and garlic to pan; cook 4 minutes, stirring occasionally. Add paprika, cayenne, stock, 2 cups water, caraway, marjoram, salt, pepper, and reserved meat; stir well. Bring to boil over moderate heat; reduce heat to low. Cook, covered, 45 minutes. Add tomatoes, potatoes, carrots, and peppers; stir well. Return to boil; cover. Cook 30 minutes.

Combine flour and 2 tablespoons water; stir to form smooth paste. Add slowly to soup; stir well. Cook over low heat; stir until thickened. Serve in individual bowls; top with sour cream. Yield 4 or 5 servings.

## hough soup

**stock**

**3 pounds sliced beef shin**  
**1 pound beef bones (split marrow bone or neck bone)**  
**1 onion, studded with 4 cloves**  
**1 bay leaf**  
**½ teaspoon crumbled dried thyme**

**1 cup broken-up canned tomatoes**  
**1 stalk celery (including some leaves), chopped**  
**¼ cup chopped parsley**  
**2 teaspoons salt**  
**10 cups water**

**soup**

**1 turnip, peeled, diced**  
**1 large onion, thinly sliced**  
**3 large carrots, peeled, sliced**  
**2 stalks celery, sliced**  
**1 (16-ounce) can tomatoes, broken up**  
**¼ cup chopped parsley**  
**¼ medium cabbage head, shredded**  
**½ cup long-grain rice**

The day before serving, place beef shin and bones in shallow roasting pan; roast in 400°F oven until browned. Place in Dutch oven or soup kettle with remaining stock ingredients; bring to boil. Skim if necessary; cover with lid ajar. Simmer 3 to 4 hours, until meat falls from bones. Remove meat; cool. Strain stock; refrigerate. Remove bones, fat, and gristle from meat; dice. Reserve meat for soup.

The following day combine stock, reserved meat, and soup ingredients in large Dutch oven or soup kettle. Bring to boil; cover. Reduce heat to low; cook 40 to 50 minutes, until vegetables and rice are tender. Yield 8 servings.

## mexican soup

**1 clove garlic, peeled**  
**¾ teaspoon salt**





*gulyas*



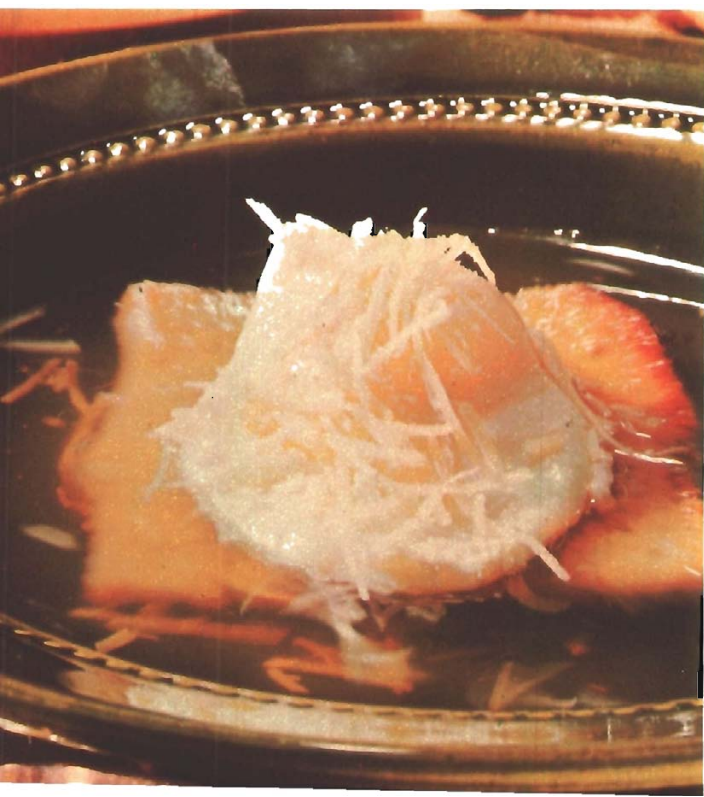
- 4 tablespoons butter
- 1 medium onion, chopped
- 1 fresh hot green pepper, chopped
- ½ pound baked ham, chopped
- 1 cup chopped unpeeled zucchini squash
- 4½ cups beef bouillon
- ¼ teaspoon crumbled thyme
- 2 sweet red peppers, cleaned, seeded, chopped
- 3 tablespoons tomato paste
- 1 (16½-ounce) can whole-kernel corn
- Salt and pepper
- 2 tablespoons chopped fresh parsley

On cutting board sprinkle garlic with ¼ teaspoon salt; mash with knife blade.

Melt butter in Dutch oven or soup kettle; add garlic, onion, green pepper, ham, and zucchini. Sauté over moderate heat 10 minutes. Add beef broth and thyme; simmer 15 minutes. Add red peppers, tomato paste, and corn (with liquid from can); stir well. Cook 15 minutes more. Season to taste with salt and pepper. Garnish with parsley. Yield 4 to 6 servings.

## oxtail soup

- 1 (2-pound) oxtail or 2 veal tails
- Flour
- 1 medium onion, sliced
- 2 tablespoons vegetable oil
- 8 cups water
- 1 teaspoon salt
- 4 peppercorns
- ¼ cup chopped parsley
- ½ cup diced carrots



- 1 cup diced celery
- 1 bay leaf
- ½ cup tomatoes, drained
- 1 teaspoon dried thyme
- 1 tablespoon flour
- 1 tablespoon butter or margarine
- ¼ cup Madeira

Cut tail into 2-inch pieces; roll in flour.

In 4-quart Dutch oven or soup kettle, brown oxtail and onion in hot oil several minutes. Add water, salt, and peppercorns; simmer uncovered about 5 hours. Add parsley, carrots, celery, bay leaf, tomatoes, and thyme; simmer 30 minutes or until vegetables are tender.

Strain stock; refrigerate an hour or more.

In a blender or food processor puree edible meat and vegetables; reserve.

Remove fat from top of stock; reheat.

In large dry frypan brown 1 tablespoon flour over high heat; cool slightly. Add butter; blend. Slowly add stock and vegetables; correct seasoning. Add Madeira just before serving. Yield 8 servings.

## pavian soup

- 4 slices white bread
- 3 tablespoons melted butter
- 5 cups Basic Chicken Stock (see Index) or 2 (13-ounce) cans regular-strength chicken broth
- 4 eggs
- 6 tablespoons shredded Parmesan cheese

Trim crusts from bread; brush both sides with melted butter. Place on cookie sheet. Bake at 350°F 30 minutes or until golden.

Pour stock into large shallow saucepan; heat to boiling. Reduce heat to low.

Break eggs one at a time into a saucer; slide into liquid. Poach lightly. Remove with slotted spoon; keep warm. Strain stock; return to pan. Heat to boiling. Put 1 bread slice in each soup bowl; top with 1 egg. Ladle soup over egg. Sprinkle each bowl with 1½ tablespoons cheese. Yield 4 servings.

## pot-au-feu

- 1 ham bone
- 1 meaty veal knuckle
- 1 tablespoon dried navy beans
- ¼ cup dried baby lima beans
- ¼ cup dried split peas
- 1 tablespoon rice
- 1 onion, peeled, finely chopped
- ½ cup finely chopped celery
- 1 tablespoon finely chopped parsley
- ½ cup tomato puree
- 3 pints water

*pavian soup*



*scotch broth*

**Chopped chives or scallions (garnish)**

Put all ingredients, except garnish, into large kettle; cover. Simmer 3 to 3½ hours. Remove bones. Cut off meat; return to pan. Skim off excess fat; adjust seasoning. Reheat. Serve sprinkled with chives. Yield 4 to 6 servings.

## **scotch broth**

**3 to 4 tablespoons pearl barley**  
**1½ to 2 pounds neck or breast of mutton or lamb**  
**6 to 8 cups water**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**1 bay leaf**  
**1 leek, sliced**  
**2 tablespoons chopped parsley**  
**2 large onions, 1 to add whole, other diced for garnish**  
**1 clove**

**3 carrots, 1 sliced for soup, 2 diced for garnish**  
**4 stalks celery, 2 whole for soup, 2 diced for garnish**

**½ small turnip, diced**

Soak barley several hours, preferably overnight, in cold water.

Remove as much fat as possible from mutton; put into soup pot with water and drained barley. Add salt, pepper, bay leaf, herbs, whole onion stuck with clove, sliced carrot, and 2 stalks of celery; bring slowly to boil. Simmer 1½ hours; skim off fat and scum occasionally. If time allows, let soup cool; skim off fat. If not, skim carefully while hot; remove bay leaf and as much celery and carrot as possible. Add diced vegetables; cook 20 to 30 minutes, until tender; adjust seasoning. If too much liquid has evaporated, add a little extra to make up quantity. Remove bones; leave meat in soup; reheat. Serve hot; sprinkle with chopped parsley. Yield 6 to 8 servings.



## tripe soup

**½ pound cooked honeycomb tripe**  
**3 to 4 cups chicken or white stock**  
**2 potatoes, chopped**  
**2 onions, chopped**  
**2 or 3 stalks celery, chopped**  
**3 tablespoons butter, melted**  
**1½ tablespoons flour**  
**1 tablespoon chopped parsley**  
**1 teaspoon marjoram**  
**Pinch of thyme**  
**Pinch of cayenne pepper**  
**2 tablespoons butter**  
**½ cup cream**  
**Fried bread croutons**

Buy ready-cooked or canned tripe; cut into small cubes. Cook gently in stock about 1 hour, with pepper and salt if necessary.

Meanwhile, cook potatoes, onions, and celery in melted butter in tightly-covered soup pot until tender, shaking to prevent sticking and burning, about 12 to 15 minutes. Blend in flour until smooth.

When tripe is cooked, strain liquid into vegetables; stir to mix in well. Bring slowly to boil; stir until smooth. Add tripe, herbs, and cayenne; simmer together a few minutes. Adjust seasoning. Add butter and cream just before serving. Serve hot with croutons. Yield 6 servings.

## MISCELLANEOUS

### almond cream soup

**1 small potato, finely sliced**  
**3 or 4 spring onions, finely sliced (or 2 or 3 slices)**

*almond cream soup*



ordinary onion)  
**3 or 4 stalks celery, finely sliced**  
**3 cups chicken or white stock**  
**1 small bay leaf**  
**3 or 4 sprigs parsley**  
**½ to ¾ cup almonds**  
**2 tablespoons butter**  
**1 tablespoon flour**  
**Salt and pepper**  
**Pinch of mace**  
**4 to 5 tablespoons heavy cream**

Put potato, onions, and celery in pan with stock, bay leaf, and parsley. Simmer gently, with lid on, until potato is tender.

Meanwhile, pour boiling water on almonds; let stand a few minutes. Drain; pop almonds out of skins. Reserve 10 to 12 whole almonds for garnish; chop or finely grind remainder. This can be done in electric blender, but a little stock should be added to liquify slightly. Add to pan; cook for 20 minutes. Remove bay leaf and parsley; pour into blender. Blend slowly until smooth. Strain through fine sieve.

Melt butter. Add flour; stir until smooth, off heat. Add strained soup slowly; stir until smooth. Bring to boil; stir constantly. Add salt, pepper, and mace; be careful not to overpower the light almond flavor.

Sliver remaining almonds; brown lightly in 300°F oven. Sprinkle with a little salt.

Add spoonful of cream to each soup cup; at last moment sprinkle with almonds. Soup can also be served chilled. Yield 4 servings.

## **beer soup**

**3 cups (2 cans) beer**  
**6 tablespoons sugar**  
**1 cup milk**  
**½ inch length cinnamon stick or ⅛ teaspoon ground cinnamon**  
**2 whole eggs**  
**⅓ cup sour cream**  
**⅛ teaspoon grated nutmeg**

Put beer and sugar in saucepan; heat.

Put milk and cinnamon in another saucepan; heat. Do not boil.

Put eggs, sour cream, and nutmeg in mixing bowl; beat with whisk. Add hot beer, beating rapidly with whisk. Remove cinnamon stick; beat in milk. Pour soup into heavy saucepan; heat thoroughly, stirring constantly. Do not boil; it may curdle. If soup curdles slightly, strain it. Yield 4 to 6 servings.

## **buttermilk soup**

**2 large eggs, separated**  
**Grated rind and juice of 1 lemon (or vanilla extract)**

**¼ cup sugar**  
**4 cups buttermilk**  
**½ cup heavy cream**

### ***garnish***

**Finely grated rind of half a lemon or 2 tablespoons chopped and lightly browned almonds**

Beat egg yolks, and lemon rind and juice with sugar until light and frothy.

Beat buttermilk; stir into egg-yolk mixture.

Beat egg whites stiff; add pinch of salt.

Whip cream. Carefully fold egg whites into cream. Add to egg-yolk mixture. Do not blend too thoroughly; leave rather lumpy in texture. Ladle into soup cups; chill thoroughly. Garnish with lemon rind; serve plain crackers separately. Yield 4 to 6 servings.

## **cheese soup**

**2 medium-size carrots**  
**2 stalks celery**  
**1 cup boiling water**  
**½ small onion**  
**3 tablespoons butter or margarine**  
**¼ cup flour**  
**3½ cups milk**  
**1½ cups cut-up cheese**

Chop carrots and celery; cook in boiling water about 10 minutes, until tender.

Chop onion. Cook in butter until tender. Stir in flour. Add milk slowly; stir until smooth. Cook and stir until thickened. Add cheese, vegetables, and cooking liquid; stir over low heat until cheese melts. Yield 6 servings.

## **consommé julienne**

**2 small carrots**  
**2 or 3 sticks celery, white part only**  
**1 leek, white part only**  
**1 cup stock**  
**Salt and pepper**  
**4 to 5 cups clear beef consommé**  
**2 to 3 tablespoons sherry**

Prepare vegetables by cutting into even, match-like strips. Put into pan; cover with a little stock and seasoning. Cook gently until just tender; drain. Reserve stock for use in another soup or sauce.

Heat consommé; add a little sherry. Add julienne vegetables; serve hot. Yield 4 to 6 servings.

## **consommé à la princesse**

**2 to 3 tablespoons asparagus tips**  
**1 small cooked chicken breast**  
**4 to 5 cups clear chicken or beef consommé**  
**Little sherry (optional)**



**1 tablespoon finely chopped parsley**

Cook asparagus tips, if fresh, in boiling water; if canned, rinse and heat in little liquid from can. Dice chicken meat.

Heat consommé. Add a little sherry, asparagus tips, and chicken; heat through. Serve hot, with asparagus and chicken divided between soup cups. Sprinkle with parsley. Yield 4 to 6 servings.

**cream of chestnut soup**

**2 to 3 cups fresh peeled chestnuts (buy 2 pounds to produce this amount) or 1 large can chestnut puree (unsweetened)**

**3 tablespoons butter**

**1 large onion, sliced**

**2 small carrots, sliced**

**1 stalk celery, sliced**

**4 to 5 cups ham, Basic Chicken or Beef Stock (see Index) (or water and bouillon cubes)**

**1 tablespoon chopped parsley (or 3 or 4 sprigs parsley)**

**Pinch of thyme**

**1 bay leaf**

**Pinch of nutmeg**

**Salt and pepper**

**1 cup cream**

***apple-ring garnish***

**2 to 3 cooking apples**

**4 tablespoons butter**

**1 to 2 teaspoon sugar**

**1 tablespoon chopped parsley**

If using fresh chestnuts, prepare as follows: Make small slit in top of each nut; place in well-greased pan in moderate oven 10 to 15 minutes to loosen both outer and inner skin. Remove both skins. If using canned chestnut puree, add to soup after vegetables have been cooked.

Melt butter. Add onion, carrots, and celery; mix well over gentle heat. Add chestnuts; cover. Cook 3 to 4 minutes; shake pan occasionally. Add stock, herbs, and seasoning; simmer 20 to 30 minutes, until chestnuts and vegetables are tender. Remove bay leaf. Put soup into electric blender or food processor; blend until smooth. Or put through fine food mill. Return to pan; reheat. Season to taste. Add cream just before serving, or put spoon of cream in each soup cup.

Make Apple-Ring Garnish. Peel and core apples; cut into rings.

Melt butter; fry apples until golden brown on each side. Sprinkle slices with a little sugar. Float 1 or 2 apple slices in each soup cup; sprinkle with parsley. Yield 4 to 6 servings.

**cream of curry soup**

**3 tablespoons butter**

**1 large onion, chopped**

**1 sour cooking apple, peeled, cored**

**½ tablespoon curry powder or paste (more if desired)**

**1 tablespoon flour**

**2 tablespoons rice**

**4 to 5 cups Basic Chicken Stock (see Index) (or water and cubes)**

**1 teaspoon sweet chutney**

**2 teaspoons coconut**

**Salt and pepper**

**1 bay leaf**

**3 or 4 sprigs parsley**

**1 slice lemon**

**½ cup cream**

***garnish***

**1 tablespoon chopped parsley (or paprika)**

**Lemon wedges**

**½ to 1 cup plain boiled rice**

Melt butter; cook onion and apple gently 5 to 6 minutes to soften without browning. Stir in curry powder; cook 1 minute. Remove from heat. Sprinkle in flour; blend well. Add rice, stock, chutney, and coconut; bring to boil, stirring constantly. Reduce heat. Add seasonings, herbs and lemon slice; cover. Simmer 15 to 20 minutes to cook rice. Remove bay leaf and lemon. Put soup into electric blender or food processor; blend until smooth. Reheat; adjust seasoning. Stir in cream just before serving. Sprinkle with chopped parsley; serve lemon wedges and boiled rice separately. Yield 4 to 6 servings.

**cream of peanut-butter soup**

**¼ stalk celery**

**½ small onion**

**1 tablespoon butter or margarine**

**1 tablespoon flour**

**¾ cup peanut butter**

**1 cup milk**

**2 cups chicken broth or Basic Chicken Stock (see Index)**

**¼ teaspoon Worcestershire sauce (optional)**

**Salt and pepper to taste**

Finely chop celery and onion.

Melt butter in large saucepan. Add celery and onion; cook and stir until tender. Mix in flour and peanut butter. Add milk slowly; stir until smooth. Add rest of ingredients; bring to boil. Lower heat; stir as needed to keep from sticking. Cook and stir 1 minute. Yield 6 servings.

**hot-and-sour soup**

**3 cups chicken broth or Basic Chicken Stock (see Index)**



*niçoise soup (clear)*

**1/3 pound lean pork, shredded into matchstick-size pieces**

**4 Chinese dried black mushrooms, soaked 20 to 30 minutes in warm water, sliced**

**2 ounces bean curd, cut into matchstick-size pieces**

**2 tablespoons soy sauce**

**2 tablespoons dry sherry**

**1 teaspoon salt**

**1/2 teaspoon pepper**

**2 tablespoons vinegar**

**1 tablespoon cornstarch in 2 tablespoons cold water**

Bring broth to boil in wok or skillet. Add pork,

mushrooms, and bean curd; simmer 8 minutes, until pork is done. Add soy sauce, sherry, salt, pepper, vinegar, and cornstarch mixture; heat until soup has thickened. Serve hot. Yield 4 to 6 servings.

### **niçoise soup (clear)**

**4 cups Basic Beef Stock**

**2 tablespoons olive oil**

**1/2 teaspoon salt**

**2 peppercorns**

**2 cloves garlic, chopped**



- 1 bay leaf
- 2 sprigs parsley
- 4 poached eggs
- ½ teaspoon dried thyme

Combine stock, oil, salt, peppercorns, garlic, bay leaf and parsley in large saucepan; bring to boil. Reduce heat; simmer 15 minutes. Remove peppercorns, bay leaf, and parsley; ladle soup into 4 soup bowls. Place 1 egg in each soup bowl; sprinkle with thyme. Yield 4 servings.

## oriental soup

- 1 quart chicken broth
- ½ cup thin strips bamboo shoots
- 2 ounces whole cooked shrimps
- ½ pound cooked lean pork, cut into thin strips
- 2 ounces cooked chicken, cut into thin strips
- ½ teaspoon salt
- ¼ teaspoon soy sauce

Heat broth; add remaining ingredients. Simmer 3 to 4 minutes, until ingredients are hot. Yield 4 to 6 servings.

## yogurt soup

- 3 cups yogurt
- 2 cucumbers
- 3 green onions (approximately 4 tablespoons)

- 2 sprigs mint
- 2 sprigs basil (½ teaspoon dried)
- 2 sprigs savory (½ teaspoon dried)
- ½ cup raisins
- ½ teaspoon salt
- ¼ cup walnuts

Beat yogurt until smooth.

Chop cucumbers and green onions fine.

Mix all ingredients together; chill. Can be diluted with milk if desired. Yield 4 to 6 servings.

## yogurt, shrimp, and cucumber soup

- ½ large cucumber, peeled, diced
- Salt
- 1 cup natural yogurt
- 1½ cups chicken stock
- 1 cup tomato juice
- 1 clove garlic, crushed
- Pepper
- 1 to 2 teaspoons lemon juice
- 2 teaspoons chopped dill or fennel
- ½ cup cooked shrimp
- 1 large tomato, peeled, diced
- 2 tablespoons diced green pepper
- 1 cup cream
- 2 teaspoons chopped dill, fennel, or paprika

*oriental soup*





*yogurt, shrimp, and cucumber soup*

Sprinkle cucumber with salt; leave covered at least 20 to 30 minutes. Drain; rinse with cold water.

Put yogurt, stock, tomato juice and garlic into electric blender; blend slowly until smooth. Add pepper, lemon juice, and dill when soup is well mixed; pour into bowl. Add cucumber, shrimp, tomato, and pepper; stir in cream. Adjust seasoning; chill thoroughly. Sprinkle with dill. Yield 4 to 6 servings.

## POULTRY

### chicken chowder

Carcass and giblets of 1 chicken  
3 pints boiling water  
1 onion, peeled, sliced  
3 stalks celery with leaves, chopped  
1 carrot, peeled, diced  
1 teaspoon salt  
1 (1-pound) can cream-style corn  
2 eggs (1 hard-boiled)  
1 cup flour  
¼ teaspoon salt

Break up carcass; put with giblets into large kettle. Add boiling water, onion, celery, carrot, and salt; cover. Simmer about 1½ hours. Remove pieces of carcass and giblets. Cut off all meat; return to pan. Add corn; simmer 10 minutes. Add finely chopped hard-cooked egg; adjust seasoning.

Sift flour and salt together; stir in remaining egg, beaten with fork until mixture looks like

cornmeal. Drop by spoonfuls into hot soup a few minutes before serving. Yield 5 or 6 servings.

### chicken gumbo

3 tablespoons butter or bacon fat  
1 large or 2 smaller onions, chopped  
1½ cups canned tomatoes  
½ green pepper, seeded, chopped  
¾ to 1 cup canned okra (or ready-cooked okra)  
2 tablespoons rice  
4 to 5 cups strongly flavored chicken stock made with whole chicken  
Salt and pepper  
1 to 2 cups chopped cooked chicken  
1 tablespoon chopped parsley  
1 teaspoon chopped tarragon  
½ cup cooked corn (optional)

#### Croutons

Melt butter in soup pot; cook onions gently 5 to 6 minutes with lid on until tender but not brown. Add tomatoes, pepper, okra, and rice. Pour in stock; mix thoroughly. Add salt and pepper if necessary. Cover pan; simmer until vegetables are tender, about 20 to 30 minutes. Adjust seasoning; add chicken, herbs, and corn. Reheat; serve hot. Serve as main course with croutons. Yield 4 to 6 servings.

### chicken-noodle soup

3 pounds chicken, cut up  
1 tablespoon salt  
Water to cover  
1 cup sliced carrots  
1½ cups chopped celery with leaves



- ½ cup chopped onion**
- ½ teaspoon poultry seasoning**
- 1 tablespoon dehydrated parsley flakes**
- 2 cups (about ¼-pound) uncooked noodles**

Simmer chicken in salted water in covered saucepan until tender. (A frying chicken will take about 45 minutes.) Remove chicken from broth; cool enough to handle. Remove skin and bones; chop meat.

Skim most fat from broth; measure broth. Add water, if needed, to make 5 cups; bring to boil. Add chicken, vegetables, and poultry seasoning; simmer, covered, 20 minutes. Add parsley and noodles; simmer, uncovered, 10 minutes or until noodles are tender. Yield 6 servings.

## chicken soup chinese-style

- 4 or 5 spring onions**
- 5 cups strongly flavored clear Basic Chicken Stock**  
(see Index)
- 6 small mushrooms, finely sliced**
- 2 cups shredded white chicken meat**
- 2 beaten eggs**
- Salt and pepper**
- 2 to 3 teaspoons soy sauce**

Finely slice white part of onions; reserve green parts for garnish.

Heat stock until boiling. Add mushrooms and onions; cook 2 to 3 minutes. Add chicken.

Beat eggs with a little salt and pepper until frothy.

Stir soup well. Pour eggs steadily into soup, stirring constantly, so that it remains in shreds. Let cook a minute or two to set egg. Add soy sauce to taste. Serve in soup bowls; sprinkle with finely chopped green parts of spring onions. Yield 4 to 6 servings.

## chicken soup (curried)

- 2 tablespoons butter or margarine**
- 2 teaspoons curry powder**
- 1½ tablespoons flour**
- 3 cups chicken stock**
- Paprika**
- Salt**
- 1 egg yolk**
- 4 tablespoons light cream or milk**
- ¼ to ½ cup chopped cooked chicken meat or 1 to 2 tablespoons chopped chutney**
- 2 or 3 chives, topped**

Melt butter in kettle. Add curry powder and flour; blend well. Stir over low heat about 3 minutes. Gradually add stock; stir until boiling. Season carefully with paprika and salt to taste. Reduce heat. Add egg yolk and cream mixed together; stir until slightly thickened. Add chicken; sprinkle with chives. Yield 4 or 5 servings.

## chicken soup irish-style

- 5 cups water**
- 1½ teaspoons salt**

*chicken soup chinese-style*



SOUPS • POULTRY

*chicken soup irish-style*





**2 pounds chicken parts (wings, necks, backs)**  
**2 stalks celery, sliced**  
**1 leek, sliced**  
**1 large carrot, cubed**  
**2 medium potatoes, cubed**  
**½ cup peas**  
**2 egg yolks**  
**¾ cup plain yogurt**  
**½ head Bibb lettuce, coarsely chopped**

Bring water, salt, and chicken parts to boil in large saucepan; cover. Simmer 1 hour. Add celery, leek, carrot, and potatoes; simmer 20 minutes. Remove chicken; cube meat; return to soup. Add peas; simmer about 8 minutes. Remove scum from surface of soup.

Lightly beat egg yolks; stir into yogurt.

Remove soup from heat; stir in yogurt mixture; adjust seasoning. Garnish with lettuce; serve at once. Yield 6 servings.

## chicken soup japanese-style

**½ uncooked boned chicken breast**  
**8 fresh mushrooms**  
**4 cups hot chicken broth or Basic Chicken Stock**  
 (see Index)  
**1 cup cooked rice**  
**4 strips lemon peel**

Thinly slice chicken meat. Wash mushrooms; thinly slice.

Put broth in fondue pot over medium-high heat. Add chicken and mushrooms; cook 4 minutes.

Place ¼ cup rice in each of 4 bowls; put 1 lemon peel strip in each bowl. Spoon in chicken-broth mixture. Yield 4 servings.

## chicken soup mexican-style

**6 cups Basic Chicken Stock** (see Index)  
**1 whole chicken breast, split** (about 1-pound)  
**¼ pound vermicelli**  
**¼ cup vegetable oil**  
**1 large tomato, peeled, seeded, chopped**  
**1 ripe avocado**  
**2 hot green chilies, chopped**  
**Salt and pepper to taste**

Early in day heat stock to boiling in large saucepan. Add chicken; reduce heat to low. Simmer 25 minutes; remove and cool chicken. Skin, remove from bones, and shred meat.

At dinner time break vermicelli into 2-inch lengths.

Heat oil in small skillet; lightly brown vermicelli. Drain on paper towels.

Meanwhile, heat stock to boiling. Add vermicelli; cook until tender. Add tomato and chicken; heat through.

Peel and seed avocado; cut into chunks. Add avocado, chilies, salt, and pepper; heat through. Yield 6 servings.

## chicken velvet soup

**1 whole raw chicken breast**  
**2 egg whites**  
**2 teaspoons salt**  
**1 teaspoon sesame oil**  
**6 cups chicken broth**  
**1 can cream-style corn**  
**2 teaspoons sugar**  
**3 tablespoons cornstarch in ¼ cup water**  
**1 scallion, chopped**

Skin and bone chicken; mince. Combine chicken, egg whites, ½ teaspoon salt, and sesame oil; mix well.

Bring broth to boil. Add corn, salt, and sugar; cook 1 to 2 minutes. Add dissolved cornstarch; stir until thickened. Add chicken mixture to soup; add scallion. Serve immediately. Yield 6 to 8 servings.

## cream of chicken soup

**4 cups Basic Chicken Stock** (see Index)  
**2 cups finely chopped celery**  
**1 small clove garlic, pressed**  
**¾ cup half-and-half cream**  
**Salt and freshly ground white pepper to taste**  
**2 cups minced cooked chicken**  
**½ cup finely grated Parmesan cheese**

Pour stock into large saucepan; bring to boil. Add celery and garlic; simmer 10 minutes or until tender. Pour into blender or food processor container; process until pureed. Return to saucepan. Add cream, salt, and pepper; bring just to boiling point. Stir in chicken and cheese; heat, stirring, until cheese is melted and soup well blended. Serve



*cream of chicken soup*



*giblet soup*

in soup bowls. Pour a dash of whipping cream into center of each serving, if desired. Yield 8 servings.

## **giblet soup**

**½ pound chicken gizzards**  
**¼ pound chicken livers**  
**1 pound chicken necks**  
**Basic Seasoned Flour (see Index)**  
**Bacon drippings**  
**2½ quarts water**  
**4 stalks celery with leaves**  
**1 bay leaf**  
**10 peppercorns**  
**Salt**  
**1½ tablespoons butter**  
**½ cup chopped onions**  
**1 cup chopped tomatoes**  
**½ cup diced carrots**  
**½ cup chopped celery**  
**¼ teaspoon pepper**  
**1 tablespoon lemon juice**

Dredge gizzards, livers, and necks in flour.

Heat bacon drippings in large heavy kettle until hot. Add giblets; brown on all sides. Add water, celery stalks, bay leaf, peppercorns, and 1 tea-

spoon salt; bring to boil. Cover; boil gently 1½ hours. Strain stock; set giblets aside to cool.

Heat butter in kettle. Add onions; sauté until golden.

Chop gizzards and livers. Add strained stock, gizzards, livers, tomatoes, carrots, chopped celery, pepper, and salt to taste; cover. Boil gently 30 minutes or until vegetables are tender; stir in lemon juice. Meat from necks can be added, if desired. Soup can be frozen. Yield about 6 servings.

## **turkey and chestnut soup leftover-style**

**Carcass of 1 cooked turkey**  
**3 to 4 tablespoons or more leftover chestnut stuffing (or 5 to 6 tablespoons canned chestnut puree)**  
**2 onions, sliced**  
**2 or 3 carrots, sliced**  
**2 or 3 stalks celery, sliced**  
**Several sprigs parsley**  
**1 bay leaf**  
**5 to 6 cups turkey stock or water**  
**Salt and pepper**



**1 tablespoon butter**  
**¾ tablespoon all purpose flour**  
**5 or 6 chestnuts**  
**1 tablespoon chopped parsley**

Remove remaining chestnut stuffing from cold turkey; reserve. Remove turkey meat that can be used as garnish. Break up carcass; put into large pan with onions, carrots, celery, and herbs. Cover with water; simmer until well flavored. Avoid boiling hard; this makes stock cloudy. Strain.

Put chestnut stuffing into electric blender or food processor with cup of turkey stock; blend until smooth. Turn into pan; add 4 cups stock, seasoning, and turkey meat. Cook together a few minutes. If the soup is too thin, blend butter and flour together to make paste; add to soup in small pieces. Stir until thickened. Bring to boil. Serve hot with cooked chestnuts, fried in butter and broken into pieces; sprinkle top with chopped parsley. Yield 4 to 6 servings.

## turkey-vegetable soup

**1 small onion, chopped**  
**2 tablespoons butter or margarine**  
**2 cups water**  
**2 chicken bouillon cubes**  
**2 cups diced cooked turkey**  
**½ cup celery tops and pieces**  
**1½ cups diced potatoes**

*turkey and chestnut soup leftover-style*

**1 cup diced carrots**  
**2½ cups milk**  
**2 tablespoons flour**  
**1 teaspoon salt**  
**⅛ teaspoon pepper**

Cook onion in butter until tender. Add water, bouillon cubes, turkey, and vegetables; boil gently, covered, until vegetables are tender.

Stir a little milk into flour until mixture is smooth. Add remaining milk, salt, and pepper; add to soup. Simmer, stirring occasionally to prevent sticking, until soup is slightly thickened. Yield 6 servings.

## SEAFOOD

### baltimore crab stew

**1 pound crab meat**  
**1 teaspoon salt**  
**1 teaspoon white pepper**  
**1 tablespoon butter**  
**1 pint milk**  
**1 pint light cream**  
**½ teaspoon Tabasco sauce**  
**1 teaspoon Worcestershire sauce**  
**6 tablespoons sherry**  
**Lemon slices**  
**Parsley snips**





#### *clam chowder new england-style*

Bring crab, salt, pepper, butter, and milk to slow simmer; let simmer very slowly 10 minutes. Add cream and sauces; bring to boiling point, but do not boil. Stir as little as possible so as not to break up crab meat. Add sherry; let stand just a moment. Remove from burner. Serve in warm cups topped with lemon slices and bit of parsley. Yield 4 servings.

### **clam bisque**

1 (7½-ounce) can minced clams  
1 cup light cream  
½ teaspoon Worcestershire sauce  
4 dashes Tabasco sauce  
Salt to taste  
Chopped chives  
Paprika

Put clams in blender; cover. Blend at high speed until smooth. Add cream, Worcestershire sauce, Tabasco sauce, and salt. Serve chilled; sprinkle with chives and paprika. Yield 3 servings.

### **clam chowder manhattan-style**

4 ounces salt pork or bacon, cut into small pieces  
1 cup minced onion  
2 tablespoons finely chopped flat-leaf parsley  
½ teaspoon freshly ground black pepper  
½ bay leaf  
2 cups minced celery  
1 cup minced green pepper  
3 (16-ounce) cans minced clams  
2 (8-ounce) bottles clam juice  
1 (1-pound, 12-ounce) can Italian-style tomatoes,

drained, chopped (save liquid)  
4 cups finely diced potatoes  
8 cups water  
Salt and pepper to taste  
2 tablespoons butter  
Chopped parsley for garnish

In heavy soup pot cook salt pork with onion, parsley, and black pepper until pork starts to render fat. Stir and cook 5 minutes. Add bay leaf, celery, and green pepper; cook 15 minutes. Add juice from minced clams, 1 bottle clam juice, liquid from tomatoes, potatoes, and water; simmer 25 minutes. Add clams, tomatoes, and second bottle of clam juice; correct seasoning. Add butter; sprinkle top with parsley. Serve with crusty bread, garlic bread, or with oyster crackers sprinkled with melted butter and heated 2 to 3 minutes under broiler. Yield 8 servings.

### **clam chowder new england-style**

1 quart shucked clams with liquor  
3 slices salt pork, diced



2 small onions, minced  
 2 medium potatoes, diced  
 1 bay leaf  
 1 cup water  
 3 cups milk, scalded  
 1½ cups half-and-half cream  
 ¼ cup butter  
 Salt and freshly ground pepper to taste

Drain clams; reserve liquor; chop coarsely.

Fry salt pork slowly in kettle until all fat is rendered. Add onions; sauté until golden. Add potatoes, bay leaf, and water; simmer until potatoes are tender.

Strain reserved clam liquor; stir into potato mixture with milk, cream, butter, and chopped clams. Add seasonings; simmer 15 minutes. Add more seasonings, if needed. Remove bay leaf before serving. Yield 6 to 8 servings.

## clam soup japanese-style

16 small clams  
 4 cups boiling water  
 ½ teaspoon salt  
 ¾ teaspoon rice wine or sherry  
 1 tablespoon soy sauce  
 Lemon slices for garnish

Thoroughly wash clams. Put into boiling water; boil until shells crack. Add salt, wine, and soy sauce. Garnish with lemon slices. Yield 4 servings.

## crab bisque

1 medium onion, diced  
 ½ green pepper, diced  
 2 tablespoons butter or margarine  
 ¼ pound mushrooms, sliced  
 2 tomatoes, diced  
 1 pound crab meat  
 1 teaspoon salt  
 Dash of cayenne  
 1½ cups cream  
 1 tablespoon minced parsley

In medium skillet sauté onion and pepper in melted butter until onion is transparent. Add mushrooms; cook 3 minutes. Stir in tomatoes; cook 3 minutes. Add remaining ingredients; heat to boil, but do not boil. Add more parsley for garnish if desired. Serve over rice. Yield 4 to 6 servings.

## cream of crab broccoli soup

1 (6 to 8-ounce) package frozen Alaska King crab, thawed, or 1 (7½-ounce) can Alaska King crab  
 1 (10-ounce) package frozen chopped broccoli  
 ½ cup chopped onion  
 3 tablespoons butter or margarine

2 tablespoons flour  
 2 cups milk  
 2 cups half-and-half cream  
 2 chicken bouillon cubes  
 ½ teaspoon salt  
 ⅛ teaspoon black pepper  
 ⅛ teaspoon cayenne pepper  
 ¼ teaspoon thyme

Drain and slice crab.

Cook broccoli according to package directions.

Sauté onion in butter; blend in flour. Add milk and half-and-half; stir and cook until thickened and smooth. Dissolve bouillon cubes in hot soup. Add seasonings, crab, and broccoli; heat through. Yield 4 to 6 servings.

## fish soup

1 pound fish fillets  
 2 tablespoons lemon juice  
 2 tablespoons aquavit or vodka  
 Chives  
 4 onions, peeled  
 1 leek  
 2 carrots  
 4 to 5 medium potatoes  
 3 slices bacon  
 4 cups canned beef bouillon or Basic Beef Stock (see Index)  
 Pinch of saffron  
 ½ teaspoon basil  
 1 bay leaf

Salt and pepper to taste

Parsley for garnish

Drain fillets; cut into 1-inch pieces. Put into deep dish. Add lemon juice and aquavit; cover.

Finely chop chives and onions. Cut leek in half, then into pieces. Peel and dice carrots and potatoes.

Dice bacon; put into pot. Cook until just transparent. Add onions and chives; cook 3 minutes. Let mixture steam. Add leek, carrots, and potatoes; steam 1 minute. Pour in stock. Add saffron, basil, and bay leaf; cover. Cook 15 minutes. Add fish mixture with its liquid; simmer slowly 5 minutes. Season with salt and pepper. Serve in bowls or in tureen; garnish with parsley. Yield 4 to 6 servings.

## fish soup normandy

*fish stock*

½ pound fish (heads, bones, or trimmings)  
 4 cups hot beef bouillon or Basic Beef Stock (see Index)

Juice of ½ lemon  
 1 small onion, sliced  
 1 stalk celery, sliced  
 1 carrot, sliced



### *fish soup*

Wash fish; drain. Place into large saucepan; add bouillon, lemon juice, onion, celery, and carrot. Simmer over low heat 1 hour; strain. Yield 6 servings.

#### *fish dumplings*

**¾ pound white fish, cooked (cod, haddock, etc.)**  
**¼ teaspoon salt**  
**⅛ teaspoon white pepper**  
**1 tablespoon butter**  
**1 egg**  
**3 sprigs parsley, finely chopped**  
**2 teaspoons lemon juice**  
**3 tablespoons packaged bread crumbs**

Put fish through meat grinder (fine blade), or spin in food processor. Season with salt and pepper. Blend in butter and egg. Add parsley, lemon juice, and bread crumbs. Mix well; set aside.

#### *soup ingredients*

**3 tablespoons vegetable oil**  
**1 medium onion, sliced**  
**5 carrots, sliced into ½ inch lengths**  
**1 stalk celery, sliced into ½ inch lengths**  
**2 sprigs parsley**  
**2 cups hot beef bouillon**  
**Fish Stock**  
**2 tablespoons tomato paste**  
**1 (4-ounce) can sliced mushrooms, drained**

**3 small tomatoes, peeled, quartered**

**1 teaspoon curry powder**

**1 green pepper, sliced**

**Fish Dumplings**

**1 (4½-ounce) can shrimp, deveined, drained**

**¾ cup white wine**

**Salt to taste**

**Dash of cayenne pepper**

**Dash of garlic powder**

**1 sprig parsley, chopped**

Heat oil in large Dutch oven or saucepan. Add onion, carrots, celery, and parsley; stirring constantly, cook until slightly browned. Gradually add beef broth; cover. Simmer over low heat 20 minutes. Add Fish Stock, tomato paste, mushrooms, tomatoes, curry powder, and green pepper; simmer 10 minutes.

Moisten hands; shape Fish Dumplings. Drop into soup. Add shrimp; simmer 15 minutes. Pour in wine. Season to taste with salt, cayenne pepper, and garlic powder. Stir in chopped parsley. Serve.

## **lobster bisque**

**1 large freshly boiled lobster (or 2 small, preferably female, lobsters)**

**5 to 6 cups fish stock**

**1 small onion, sliced**



**1 carrot, sliced**  
**2 stalks celery, sliced**  
**1 bay leaf, 3 or 4 sprigs parsley, tied together**  
**Salt and pepper**  
**5 tablespoons butter**  
**2½ tablespoons flour**  
**¼ teaspoon mace or nutmeg**  
**1 cup cream**  
**3 to 4 tablespoons sherry (or brandy)**

Split freshly boiled lobster down back with sharp knife; remove intestine, which looks like long black thread down center of back. Remove stomach sac from head and tough gills. Crack claws; remove meat; add to back meat. If lobster is female and there is red coral or roe, reserve for garnish. Reserve greenish curd from head. Break up all lobster shells; put into pan with stock. Add

onion, carrot, celery, herbs, salt, and pepper; cover. Simmer 30 to 45 minutes.

Meanwhile, cut lobster meat into chunks. Pound coral roe with 2 tablespoons butter to use as garnish and to color soup.

Melt 3 tablespoons butter in pot; stir in flour until smoothly blended. Cook a minute or two. Add strained lobster stock; blend until smooth. Bring to boil; stir constantly. Reduce heat; simmer 4 to 5 minutes. Add lobster meat. Remove herbs. Add mace; adjust seasoning. Add cream and sherry. Serve in soup cups with piece of coral butter in each cup; sprinkle with paprika. Yield: 6 servings

## manhattan fish chowder

**1 pound fish fillets or steaks, fresh or frozen**  
**¼ cup chopped bacon or salt pork**

*fish soup normandy*



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**½ cup chopped onion**  
**2 cups boiling water**  
**1 (1-pound) can tomatoes**  
**1 cup diced potatoes**  
**½ cup diced carrots**  
**½ cup chopped celery**  
**¼ cup catsup**  
**1 tablespoon Worcestershire sauce**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**¼ teaspoon thyme**  
**Chopped parsley**

Thaw frozen fish. Remove skin and bones from fish; cut into 1-inch pieces.

Fry bacon until crisp. Add onion; cook until tender. Add water, tomatoes, potatoes, carrots, celery, catsup, and seasonings; cover. Simmer 40 to 45 minutes, until vegetables are tender. Add fish; cover. Simmer about 10 minutes, until fish flakes easily. Sprinkle with parsley. Yield 6 servings.

### maryland crab soup

**6 cups strong beef stock**  
**3 cups mixed vegetables (fresh, leftover, or frozen; include chopped onions and celery, diced carrots, peas, lima beans, cut string beans, corn, okra, and tomatoes, not squash, cabbage, or potatoes)**

**Salt and pepper**

**1 pound crab meat (claw or white meat)**

**Seafood seasoning to taste**

**Claws and pieces of whole crab if available (either raw or cooked)**

Heat stock in large soup pot. Add vegetables and seasoning; simmer 1 hour. Add the crab meat, and claws, and pieces 30 minutes before serving. Simmer gently, to heat through and allow flavors to blend. Serve hot in large soup bowls, with bread and butter or hard crusty rolls and butter as accompaniment. Yield 4 to 6 servings.

### moules marinière

**40 to 50 mussels, fresh, unopened**  
**1 onion, or 4 or 5 shallots**  
**1 carrot**  
**1 stalk celery**  
**1 clove garlic**  
**1 cup white wine**  
**1 cup water**  
**2 tablespoons chopped parsley**  
**1 bay leaf**  
**Pinch of thyme**  
**3 tablespoons butter**  
**Freshly ground black pepper**  
**2½ tablespoons flour**



*manhattan fish chowder*

Wash mussels; scrub thoroughly to remove weed or sand. Knock or scrape off barnacles; remove beards. Examine carefully; if any are not tightly closed, discard immediately, as they are poisonous if not alive when cooked. Soak in plenty of cold water; they will expel sand from inside shells during soaking process.

Meanwhile, chop onion. Peel and chop carrot. Slice celery. Crush garlic. Add to pan with wine, water, 1 tablespoon parsley, bay leaf, thyme, and pepper. Bring to boil; simmer 6 to 8 minutes.

Drain mussels; add to pan. Cover tightly with lid; simmer 6 to 8 minutes. Shake pan frequently to make sure all mussels are covered by liquid. Remove from heat as soon as mussels open their shells. Strain off liquid; reserve. Remove mussels from pan; carefully remove half of each shell. If serving for a party, carefully remove inner part of gristly beard; otherwise, each diner can do this for himself at table. Put half shells holding fish into deep dish; keep warm.

Put cooking liquid into pan.

Blend butter and flour into paste; add to liquid. Bring slowly to boil; whisk constantly. Add remaining parsley; adjust seasoning. Pour over mussels. Serve in deep soup plates. Yield 4 servings.

### mushroom-shrimp chowder (cold)

**1 pound fresh mushrooms, washed, trimmed, sliced**  
**1½ cups water**  
**2½ teaspoons salt**  
**¼ cup chopped fresh onion**  
**¼ cup melted butter**  
**¼ cup all-purpose flour**  
**⅛ teaspoon freshly ground pepper**  
**2½ cups milk**  
**½ cup whipping cream**  
**2 cups chopped cooked shrimp**

Combine mushrooms, water, and 1 teaspoon salt in saucepan; bring to boil. Reduce heat; cover.



Simmer 10 minutes. Drain mushrooms; reserve liquid.

Sauté onion in butter in saucepan until tender. Add flour, remaining salt, and pepper; mix well. Stir in reserved liquid gradually; blend until smooth. Add milk gradually; cook, stirring constantly, until mixture comes to boil and thickens. Remove from heat; stir in cream, shrimp, and mushrooms. Chill thoroughly before serving. Yield about 6 servings.

*mushroom-shrimp chowder (cold)*

## **oyster bisque**

**1 quart fresh oysters**  
**3 cups Basic Chicken Stock (see Index)**  
**1½ cups fine bread crumbs**  
**½ cup finely chopped onion**  
**1 cup finely diced celery**  
**Salt and white pepper to taste**  
**1 quart milk, scalded**  
**2 tablespoons butter**



**¼ cup sherry**

Drain oysters; reserve liquid. Chop oysters.

Pour stock in soup kettle. Add oyster liquid, bread crumbs, onion, celery, salt, and pepper; boil slowly, stirring frequently, about 30 minutes. Pro-

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cess in blender container until onion and celery are pureed; return to soup kettle. Add oysters; heat thoroughly, but do not overcook. Stir in milk, butter, and sherry; heat through. Serve immediately. Yield 6 to 8 servings.

### **oyster stew**

**1 pint oysters**  
**4 tablespoons butter**  
**½ teaspoon salt**  
**Pepper to taste**  
**Dash of Tabasco sauce**  
**1 pint milk**  
**1 pint light cream**  
**2 teaspoons butter**  
**Paprika**

Drain oysters; reserve liquor.

Melt 4 tablespoons butter in heavy saucepan; add salt, pepper, and Tabasco. Add reserved liquor to pot; stir to blend well. Add oysters; cook only until edges begin to curl, about 3 to 5 minutes. Stir in milk and cream; bring to boil, but do not boil. Spoon soup into hot bowls; dot each bowl with butter and healthy dash of paprika. Yield 4 servings.

### **potato-tuna chowder**

**2½ cups diced potatoes**  
**2 cups Basic Chicken Stock (see Index)**  
**2 tablespoons fresh minced onion**  
**½ teaspoon salt**  
**¼ teaspoon sage**  
**¼ teaspoon paprika**  
**Dash of white pepper**  
**½ cup sliced fresh carrots**  
**½ cup cut fresh green beans**  
**½ cup sliced fresh celery**  
**3 cups milk**  
**1 (7-ounce) can chunk-style tuna, drained**

Combine 1 cup potatoes, chicken stock, onion, and salt in large saucepan; bring to boil. Reduce heat; cover. Simmer 10 to 15 minutes, until potatoes are tender. Add sage, paprika, and pepper; mash potatoes. Add remaining potatoes, carrots, beans, celery, and milk to potatoes; bring just to boil. Reduce heat; simmer about 15 minutes, until vegetables are tender.

Break tuna into chunks; add to chowder. Simmer 5 minutes. Yield 4 to 6 servings.

### **scallop soup**

#### *fish stock*

**1½ pounds small fish, cleaned, or fish trimmings**  
(heads, tails, and bones of mild ocean fish,  
or lobster and shrimp shells)  
**3 cups cold water**

**½ cup chopped onion**  
**¼ cup chopped carrot**  
**½ cup chopped celery**  
**½ cup white wine**  
**1 bay leaf**  
**3 peppercorns**  
**Several parsley sprigs**  
**1 cup clam juice**

Wash fish or trimmings in cold water; drain.

Combine water, vegetables, and wine in heavy saucepan.

Tie bay leaf, peppercorns, and parsley in small piece of cheesecloth. Add seasonings and fish to water and vegetables; bring to boil over moderate heat. Cook, uncovered, 20 to 30 minutes. Strain stock; add clam juice. Reserve. Yield 4 servings.

#### *soup*

**¾ pound fresh scallops**  
**2 slices bacon, diced**  
**2 cups peeled, diced potatoes**  
**½ teaspoon salt**  
**¼ teaspoon white pepper**  
**1 tablespoon chopped parsley**  
**½ teaspoon crumbled dried thyme**  
**2 cups peeled, diced tomatoes**  
**Fish Stock**

**1½ cups hot light cream**  
**¾ cup crushed water biscuits or pilot crackers**

#### *potato-tuna chowder*







*shrimp soup*

**Pats of butter**  
**Chopped parsley**  
**Ground mace**

Wash scallops in cold water; if large, cut in half or quarter. Drain; reserve. Sauté bacon in large, heavy saucepan 3 to 4 minutes or until it starts to brown. Add potatoes; cook until tender. Add salt, pepper, parsley, thyme, tomatoes, and stock; stir well. Cook over moderate heat 15 minutes. Add scallops; bring to gentle boil. Cover; reduce heat to low. Cook 10 to 12 minutes, until scallops are cooked through. Stir in heated cream; do not let mixture boil after adding cream. Slowly stir in water biscuits, while cooking over low heat, to thicken soup. Ladle soup into bowls; float pat of butter on each serving. Garnish with chopped parsley and sprinkling of mace.

## seafood gumbo

**1 clove garlic, minced**  
**6 onions, chopped**  
**1 green pepper, chopped**  
**3 tablespoons corn oil**  
**1 (10-ounce) package frozen sliced okra, partially thawed**  
**2 (16-ounce) cans whole tomatoes**  
**3 cups water**  
**2 teaspoons salt**  
**¼ teaspoon black pepper**  
**2 drops Tabasco sauce**  
**1 bay leaf**  
**¼ cup raw rice**  
**1 (1-pound) package frozen deveined shrimp**  
**1 (7-ounce) package frozen crab meat, thawed**  
**1 dozen oysters**

**3 tablespoons chopped parsley**  
**File powder**  
**Rice, boiled**

Sauté garlic, onions, and green pepper in hot oil in Dutch oven. Add okra, tomatoes, water, seasonings, and raw rice; bring to boil. Cover; reduce heat. Simmer 10 minutes. Add frozen shrimp; stir. Return to boil; cover. Simmer 3 minutes. Add crab meat, oysters, and parsley; simmer until heated, about 2 minutes. Remove bay leaf. Place about ⅛ teaspoon file powder in each soup bowl. Ladle gumbo into bowls; stir gently to mix all ingredients. Add mound of hot cooked rice to each bowl. Yield 8 servings.

## shrimp soup

**1 medium onion, chopped**  
**1 large carrot, chopped**  
**1 tablespoon dry white wine**  
**1 tablespoon water**  
**3 cups hot beef bouillon**  
**1 teaspoon sage**  
**1 teaspoon tarragon**  
**1 (10-ounce) package frozen peas**  
**Salt and pepper to taste**  
**12 ounces medium cooked shrimp, canned or frozen**  
**½ cup white wine**  
**¼ cup skim evaporated milk**

In 4-quart saucepan or Dutch oven, cook onion and carrot in 1 tablespoon wine and water until onion is soft. Add bouillon; simmer 12 minutes. Add sage, tarragon, and peas; bring to boil. Simmer 8 minutes. Puree in blender or food mill; return to pan. Season with salt and pepper. Add

shrimp; heat, without boiling, about 2 minutes. Stir in  $\frac{1}{2}$  cup wine and milk; correct seasonings. Serve immediately. Yield 4 servings.

## VEGETABLE

### asparagus soup

1 can condensed asparagus soup  
Milk  
1 can green asparagus tips  
1 ( $\frac{1}{2}$ -pint) carton natural yogurt  
Little lemon juice  
Few drops of Tabasco  
 $\frac{1}{4}$  cup heavy cream  
Paprika  
Cheese straws

Blend soup with liquid from can of asparagus tips; use enough milk to fill soup can. Stir in yogurt, or blend in electric blender. Add lemon juice and Tabasco. Stir in asparagus tips. Serve chilled with spoonful of whipped cream in each cup; sprinkle with paprika. Serve with cheese straws. Yield 4 servings.

### baked-bean and tomato soup

1 cup baked beans in tomato sauce  
1 (10½-ounce) can condensed tomato soup  
1 (15-ounce) can tomato juice  
1 can (2 cups) water  
1 tablespoon tomato puree  
 $\frac{1}{2}$  teaspoon sugar  
1 tablespoon chopped parsley

#### *garnish*

2 or 3 slices bacon, fried crisp, crumbled

Put baked beans in pan with soup, juice, water, puree, and seasonings; heat together gently, add parsley. When well mixed and hot, put into electric blender or food processor; blend until smooth. Return to pan; heat, adding remaining beans. Serve hot with bacon sprinkled on top. Yield 4 to 6 servings.

### bean soup with frankfurters

1 pound dried navy beans  
8 cups water  
3 cups beef bouillon or Basic Beef Stock (see Index)  
1 carrot, chopped  
1 celery stalk, chopped  
4 strips bacon, cubed  
2 small onions, chopped  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon white pepper

6 frankfurters, sliced

2 tablespoons chopped parsley

Soak beans in water overnight. In 3-quart saucepan bring beans, water, and broth to boil; cook about 1 hour. Add carrot and celery; cook 30 minutes.

Cook bacon in separate frypan until transparent. Add onions; cook until golden. Set aside.

Mash soup through sieve or food mill; return to pan. Add bacon mixture, salt, and pepper. Add frankfurters; reheat about 5 minutes. Sprinkle with parsley; serve. Yield 4 to 6 servings.

### beet consommé

4 to 5 cups clear jellied Basic Beef or Chicken Stock (see Index)

2 or 3 small well-colored cooked red beets, peeled, grated

1 to 2 teaspoons onion juice

Juice of approximately  $\frac{1}{2}$  lemon

4 to 6 tablespoons sour cream

1 lemon, cut into quarters or sixths

Prepare clear jellied stock or use canned consommé. Either chicken or brown stock can be used, or use canned jellied consommé to make equivalent quantity. Put 4 to 5 cups stock or consommé into pan with beets, onion juice (made by squeezing small pieces of cut onion in garlic press), and some seasoning if necessary, although stock should be well flavored. Bring soup slowly to moderate heat; let cook, covered, very gently 30 to 40 minutes, until well flavored and colored by beets. Do not let boil; this makes soup muddy-brown color instead of rich red. Strain through double layer of clean cloth. Add enough lemon juice to sharpen flavor; adjust seasoning. If serving hot, reheat to just below boiling point; serve with garnish of sour cream, handed separately. If serving cold, put into clean bowl; chill in refrigerator. Mix with fork before serving with lemon quarters and sour cream. Yield 4 to 6 servings.

### black-bean soup

1 to 1½ cups dried black beans

1 ham bone or some ham meat minus fat

5 to 6 cups water

2 medium onions, sliced

4 or 5 stalks celery, sliced

2 to 3 carrots, sliced

1 bay leaf, 5 or 6 sprigs parsley, 1 sprig thyme, tied together

2 cloves

$\frac{1}{2}$  teaspoon mustard powder

Pinch of cayenne pepper

Stock or milk

2 hard-boiled eggs

4 to 6 slices lemon or  $\frac{1}{2}$  cup chopped ham





*beet consommé*

### **Croutons**

Wash beans in several changes of cold water; cover with cold water. Soak overnight; drain. Put beans into large thick pan; add water and ham bone. Cover pan; cook 2 hours. Add onions, celery, carrots, herbs, cloves, mustard, and cayenne; re-cover pan. Cook another 1 to 1½ hours, until beans are tender. Remove bone and herbs. Put soup through fine sieve or blend in electric blender. Reheat soup; if too thick, add enough stock or milk to make good texture. Adjust seasoning. Serve hot; garnish with egg, lemon, and croutons. Yield 4 to 6 servings.

## **broccoli chowder**

**1 pound fresh broccoli**  
**1½ cups chicken broth**  
**1½ cups milk**  
**½ cup chopped cooked ham**  
**¼ teaspoon freshly ground pepper**  
**1½ cups grated Swiss cheese (6-ounces)**  
**2 tablespoons butter or margarine**  
**Salt to taste**

Wash broccoli; remove leaves and coarse stem ends.

Pour broth into large pot; bring to boil. Add broccoli; reduce heat. Simmer, uncovered, 3 minutes. Cover; cook 10 minutes or until broccoli is just tender. Remove broccoli with slotted spoon; chop into bite-size pieces. Add milk, ham, and pepper to stock; bring to boil, stirring occasionally. Stir in cheese, butter, and broccoli; heat until cheese is melted. Add salt to taste. Do not boil. Serve hot. Yield 4 servings.

*broccoli chowder*

## **cabbage soup**

**1 small green cabbage (or 2 cups shredded green cabbage)**  
**2 slices fat bacon, chopped**  
**1 large onion, chopped**  
**2 small leeks, white part only, sliced**  
**2 carrots, sliced**  
**1 potato, sliced**  
**1 tablespoon flour**  
**4 cups brown stock (or water and cubes; ham stock can be used, if not too salty)**  
**2 tablespoons chopped parsley**  
**1 bay leaf**  
**Salt and pepper**  
**Pinch of nutmeg**







*cabbage soup*

**2 teaspoons chopped dill or 1 teaspoon dill seeds**

**3 or 4 frankfurters, fried, sliced**

**Fat for frying**

**Croutons**

Wash and shred green cabbage; put into pan of boiling salted water. Cook 5 minutes; drain. Rinse under cold water.

Meanwhile, heat bacon over gentle heat until fat runs. Add onion, leeks, carrots, and potato; stir over heat a few minutes. Sprinkle in flour; blend well. Add stock, parsley, bay leaf, salt, and pepper; bring to boil. Reduce heat; simmer 10 minutes. Add cabbage. Cook 20 minutes or until vegetables are tender but not mushy. Adjust seasoning; add nutmeg and dill. Remove bay leaf. For garnish, put few slices frankfurters into each serving, or serve croutons separately. Yield 4 to 6 servings.

*cauliflower cream soup*





## cauliflower cream soup

1 medium cauliflower  
1 medium potato  
1 large tomato  
4 cups milk  
4 minced green onions or scallions  
1 tablespoon minced parsley  
½ teaspoon savory  
2 teaspoons salt  
¼ teaspoon white pepper  
1 cup whipping cream

Separate cauliflower into florets. Peel and dice potato. Skin and chop tomato.

Combine milk, cauliflower, potato, tomato, onions, parsley, and seasonings in heavy kettle. Simmer until vegetables are tender. Pour through colander; drain off liquid. Reserve liquid.

Place ⅓ of vegetables in blender container with enough liquid to blend easily; process until pureed. Repeat process with remaining vegetables; return puree and remaining liquid to kettle. Stir in cream gradually; place over low heat. Heat through; stir frequently. Serve with bowl of grated Parmesan cheese to sprinkle over top, if desired. Yield 6 servings.

## celery soup chinese-style

1 heaping tablespoon dried Chinese mushrooms  
½ pound pork shoulder  
2 small onions, minced  
1 clove garlic, minced  
2 small celeriac roots with green tops (celery stalks can be substituted)  
4 tablespoons oil  
3 cups hot chicken broth  
1 ounce transparent noodles  
2 tablespoons soy sauce  
⅓ teaspoon powdered ginger

Soak mushrooms in cold water 30 minutes. Cut pork into 1½-inch long, ½-inch-thick strips. Mince onions and garlic. Cut off celery tops; set aside. Brush celeriac roots under running cold water; peel. Cut into ½-inch cubes.

Heat oil in saucepan. Add pork; brown on all sides, stirring constantly, about 3 minutes. Add onions, garlic, and celeriac; cook 5 minutes.

Drain mushrooms; cut in halves, or quarters if very large. Add to saucepan. Pour in broth; cover. Simmer over low heat 25 minutes.

Meanwhile, in another saucepan bring salted water to boil; add noodles. Remove from heat immediately; let stand 5 minutes; drain. Five minutes before end of cooking time of soup, add celery leaves. Season to taste with soy sauce and ginger.

Place noodles in soup tureen or 4 individual Chinese soup bowls; pour soup over noodles. Yield 4 servings.

## chervil soup

2 young carrots, finely sliced  
1 small potato, finely sliced  
4 to 5 cups chicken or white stock  
3 sprigs parsley  
3 tablespoons butter  
2 tablespoons flour  
Salt and pepper  
¼ teaspoon mace or pinch of nutmeg  
¼ cup chopped fresh chervil  
½ cup cream  
Croutons

Put carrots and potato in pan with stock and parsley; simmer until tender, 15 to 20 minutes.

Melt butter; stir in flour. When smooth, strain stock onto flour and butter; mix well.

Blend potato and carrots in electric blender or food processor; add to soup. Mix well; bring to boil, stirring constantly. Simmer a few minutes, adding salt, pepper, and mace. Just before serving, add chervil and cream; reheat. Do not boil; this destroys delicate flavor of chervil. Serve with croutons. Yield 4 to 6 servings.

## cream of asparagus soup

1 pound asparagus, green or white  
(or equivalent amount of canned asparagus)  
1 onion, finely chopped  
3 or 4 sprigs parsley  
3 to 4 cups chicken stock (or water and chicken stock cubes)  
Salt and pepper  
3 tablespoons butter  
2 tablespoons flour  
¼ teaspoon mace  
2 egg yolks  
½ cup heavy cream  
Croutons  
Little green coloring, if necessary

If using fresh asparagus, wash, scrape, and trim; remove tips for garnish. If using canned asparagus, remove tips; drain off liquid, reserving it for making soup. Chop asparagus stalks; put in pot with onion. Add parsley, stock, and liquid from can if canned asparagus is used. Add a little salt and pepper; cover. Simmer 10 to 15 minutes, until asparagus is tender. Put into electric blender or food processor; blend until smooth. Or put through food mill or fine nylon sieve.

Melt butter. Add flour; stir until smooth. Cook a minute or two; remove from heat. Strain into soup; blend smoothly. Bring to boil, stirring constantly; simmer a few minutes. Adjust seasoning to taste; add mace.

Meanwhile, in small pan cook reserved tips about 5 to 7 minutes until tender, in a little hot

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stock or water. Strain liquid into soup; divide tips into soup cups equally.

Mix egg yolks and cream well. Add few spoonfuls hot soup; mix well. Strain into soup; stir constantly. Reheat soup gently; do not let it boil. If soup is not good color, add a little green coloring; be very careful, as it can easily be overdone. Serve hot with croutons. Yield 4 servings.

### cream of barley soup

- 1 cup pearl barley
- 1 onion, sliced
- 1 carrot, sliced
- 2 stalks celery, sliced
- 1 bay leaf
- 3 or 4 sprigs parsley (or 1 tablespoon chopped parsley)
- 4 to 5 cups Basic Chicken Stock (see Index)
- Chicken carcass or ham bone, if available
- ½ cup cream
- 1 to 2 tablespoons chopped parsley (garnish)
- Croutons (garnish)

Wash barley; soak overnight if possible. Otherwise, cover with boiling water; soak 2 hours. Put vegetables into pan with drained barley, herbs, stock, and chicken carcass or ham bone. Cover; cook gently until barley is tender, about 1½ to 2 hours. Discard bones and herbs. Set aside barley.

Strain soup through sieve, or blend soup and barley in electric blender or food processor. Reheat soup; adjust seasoning. Add cream just

before serving. Sprinkle with parsley; serve with croutons. Yield 4 servings.

### cream of brussels sprout soup

- 4 tablespoons butter
- 1 onion, chopped
- 1 potato, chopped
- 4 cups washed, trimmed, chopped Brussels sprouts
- 1½ tablespoons flour
- 4 cups Basic Chicken Stock (see Index) (or water and chicken cubes)
- 2 bay leaves
- 3 or 4 sprigs parsley
- ¼ teaspoon mace
- Salt and pepper
- 1 cup light cream or milk

#### *garnish*

- 1 cup cooked chestnut pieces
- 2 to 3 tablespoons butter

Melt butter; cook onion and potato 2 to 3 minutes. Add sprouts; cook 5 minutes, stirring constantly. Sprinkle in flour; blend well. Pour on stock; stir until well mixed and smooth. Bring to boil; stir constantly. Reduce heat. Add bay leaves, parsley, and seasoning; cover. Simmer about 20 minutes, until vegetables are tender but not overcooked, as this would give soup an unpleasant flavor. Remove bay leaves. Put soup through food

*cream of carrot soup*







mill, or into electric blender or food processor; blend until smooth. Adjust seasoning; reheat soup. At last moment add cup of hot cream. Sprinkle with chestnut pieces, fried in butter until golden brown. Yield 4 to 6 servings.

## cream of carrot soup

4 tablespoons butter  
 1½ cups sliced young carrots  
 1 large onion, finely sliced  
 ½ clove garlic, crushed  
 2 tablespoons rice  
 3 or 4 sprigs parsley (or 1 tablespoon dried parsley)  
 Thinly peeled rind from ½ orange  
 4 cups Basic Chicken Stock (see Index)  
 ¼ teaspoon sugar  
 Salt and pepper  
 Juice of ½ orange  
 ¼ cup cream  
 2 egg yolks  
 Finely grated rind of ½ orange (garnish)  
 2 teaspoons chopped parsley (garnish)

Melt butter. Add vegetables, garlic and rice; mix well over gentle heat 5 minutes without browning. Add parsley, peeled orange rind, stock, sugar, and seasonings; bring to boil. Lower heat; simmer 30 to 40 minutes, until vegetables are tender. Put into electric blender or food processor; blend until smooth. Or put through food mill. Return to pot; re-heat, adding orange juice. If not thick enough, add cream and egg yolks: Mix egg yolks and cream well; add few spoons hot soup. Strain back into soup; stir constantly.

## cream of celery soup

Reheat soup without allowing to boil. Serve in soup cups; sprinkle with grated orange rind and parsley. Yield 4 to 6 servings.

## cream of celery soup

1 slice bacon  
 3 to 4 tablespoons butter  
 2 cups chopped celery or celeriac  
 1 potato, sliced  
 1 large onion, chopped  
 1 tablespoon flour  
 2 cups water or Basic Chicken Stock (see Index)  
 1 bay leaf  
 Several sprigs parsley  
 Pinch of thyme  
 3 cups milk  
 Salt and pepper  
 4 to 6 tablespoons cream  
 Paprika  
 Croutons

Chop bacon; put in pan with butter. Cook gently a few minutes. Add celery, potato, and onion; cook together 4 to 5 minutes, stirring constantly to prevent browning. Sprinkle in flour; blend smoothly. Add stock; mix well. Bring to boil; reduce heat. Add bay leaf, parsley, and thyme; simmer 20 to 30 minutes, until vegetables are tender. Put through fine food mill or into electric blender or food processor; blend until smooth. Reheat gently.

Heat milk in another pan; when nearly boiling, add to soup pan with seasoning to taste. Serve with spoon of cream and dusting of paprika in each soup cup. Serve croutons separately. Yield 4 to 6 servings.



*cream of corn soup*

## cream of corn soup

3 tablespoons butter  
 1 onion, chopped  
 1 medium potato, finely sliced  
 1½ cups fresh or canned corn  
 3½ cups milk  
 1 bay leaf  
 3 or 4 sprigs parsley  
 Salt and pepper  
 ¼ teaspoon mace  
 1 chicken bouillon cube  
 4 to 6 spoons heavy cream  
 1 tablespoon chopped chives or parsley (or  
 sprinkling of paprika)  
 Fried bread croutons (see Index)

Melt butter. Cook onion and potato gently, 5 minutes; shake pan occasionally to prevent sticking. Add 1 cup corn; stir well. Add milk, bay leaf, parsley, salt, pepper, and mace; bring to simmer. Add bouillon cube; cook until vegetables are tender. Put into electric blender; blend until smooth. Or put through fine food mill. Return to pan with remaining corn (if fresh, simmer in salted water until tender.) Reheat until nearly boiling; adjust seasoning. Serve in soup cups with spoonful of cream, sprinkling of chives, and croutons in each cup. Yield 4 to 6 servings.

## cream of mushroom soup

8 to 12 ounces fresh mushrooms, sliced  
 1 small onion, thinly sliced  
 ¼ cup butter

3½ cups milk  
 ⅓ cup all-purpose flour mixed to smooth paste  
 with ¼ cup cold milk  
 4 chicken bouillon cubes  
 Pinch of thyme  
 Salt and pepper to taste  
 ½ cup plain yogurt

Brown mushrooms and onion in hot butter in large skillet, about 5 minutes. Add milk, flour paste, bouillon cubes, and thyme. Heat over moderate heat, stirring frequently, until soup is thickened and begins to boil. Remove from heat; season to taste with salt and pepper. Stir a little hot soup into yogurt. Stir mixture back into soup. Serve at once. Garnish with sprig of fresh dill, if desired. Yield 4 servings.

## cream of pea soup with bacon

2 slices bacon  
 1 can condensed pea soup or 2 cans  
 ordinary pea soup  
 1 can water or milk  
 4 tablespoons cooked peas  
 4 tablespoons heavy cream  
 1 tablespoon chopped mint  
 Croutons

Chop bacon slices; cook gently until crisp. Add soup and can of water; stir over gentle heat until smooth. Add peas; heat to boiling point. Pour into heated soup cups; put spoonful of heavy cream in center of each. Sprinkle with mint; serve at once with croutons. Yield 4 to 6 servings.





*cream of mushroom soup*



*cream of pea soup with bacon*

## creole soup

**3 tablespoons butter, oil, or bacon fat**  
**½ cup chopped green and red peppers**  
**1 onion, chopped**  
**2 tablespoons flour**  
**2 teaspoons tomato puree**  
**4 large ripe tomatoes (or ¾ cup canned tomatoes)**  
**4 cups stock**  
**1 bay leaf, 4 sprigs parsley, 1 sprig thyme,**  
     **tied together**  
**Pinch of cayenne pepper**  
**¼ teaspoon sugar**  
**2 to 3 teaspoons grated fresh horseradish**  
     **(or 1 teaspoon dried horseradish)**  
**1 teaspoon vinegar**  
**1 tablespoon chopped parsley (optional)**

Melt butter; cook peppers and onion gently 5 to 6 minutes without browning. Stir in flour; blend

well. Add tomato puree; chopped, de-seeded fresh or canned tomatoes; stock; bay leaf; herbs, and seasonings. Bring to boil; stir constantly. Reduce heat; simmer 25 to 30 minutes. Remove bay leaf and herbs; adjust seasoning. Add horseradish and vinegar. If soup color is not good enough, a little more tomato puree can be added. Serve hot; sprinkle with parsley and croutons. Yield 4 servings.

## cucumber soup

**2 cups milk**  
**4 cups plain yogurt**  
**½ cup dry white wine**  
**1 tablespoon lemon juice**  
**1 onion, grated**  
**1 clove garlic, minced or crushed**



*cucumber soup*

**2 large (about 1 pound) cucumbers, unpeeled, finely grated**

**Salt and pepper to taste**

**Watercress or parsley sprigs**

Whisk together milk and yogurt in large bowl; gradually add wine and lemon juice. Stir in onion, garlic, cucumbers, salt, and pepper; cover. Refrigerate 1 hour before servings. Garnish with cucumber slices and watercress. Yield 6 to 8 servings.

## **gazpacho (jellied)**

**1 (1-quart 14-ounce) can tomato juice**

**2 envelopes unflavored gelatin**

**4 tomatoes, peeled, seeded, chopped**

**1 cucumber, peeled, seeded, chopped**

**½ green pepper, seeded, diced**

**¼ cup grated onion**

**4 tablespoons olive oil**

**4 tablespoons wine vinegar**

*creole soup*



**1 clove garlic, crushed**

**6 to 8 drops hot pepper sauce**

**Salt**

**Freshly ground black pepper**

Heat tomato juice; add gelatin. Stir until dissolved; set aside to cool.

Combine tomatoes, cucumber, green pepper, and onion; add to the tomato juice. Stir in oil and vinegar. Add garlic, pepper sauce, and salt and black pepper to taste; mix well. Chill thoroughly, preferably overnight. Serve in small bowls set in bed of crushed ice. Yield 6 or 7 servings.

## **green-bean soup I**

**1 pound fresh green beans or 2 (1-pound) cans, drained**

**6 cups Basic Chicken Stock (see Index)**

**½ teaspoon thyme**

**¼ teaspoon savory**

**1 clove garlic, pressed**

**½ cup whipping cream**

**Salt and freshly ground pepper to taste**

Snap ends from beans; cut beans into large pieces. Combine beans and stock in large saucepan. Add thyme, savory, and garlic; bring to boil. Reduce heat; cover. Simmer until beans are tender. Drain; reserve liquid.

Pour reserved liquid back into saucepan; boil until reduced to 4 cups.

Place beans in blender container; process until pureed. Stir into liquid in saucepan; mix well. Bring to boil. Stir in cream; bring just to boil. Remove from heat; season with salt and pepper. Cool; chill until cold. Equally delicious served hot. Yield 6 to 8 servings.





*gazpacho (jellied)*

## **green-bean soup II**

2 to 3 tablespoons butter  
1 medium onion (or 3 or 4 shallots),  
finely chopped  
1 clove garlic, crushed  
2 tablespoons flour  
4 cups chicken or veal stock

Salt and pepper

1 pound green beans  
1 teaspoon chopped or dried summer savory  
Little green coloring if required  
4 to 6 tablespoons whipping cream  
2 slices bacon

Melt butter; cook onion and garlic 5 to 6 minutes in covered pan. Add flour; blend in smoothly.

*green-bean soup I*







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quired. Serve hot with spoon of whipped cream on each cup; sprinkle with finely crumbled crispy fried bacon. Yield 4 to 6 servings.

### green pea soup

2 tablespoons butter  
1 small onion (or several young green onions),  
finely chopped  
1 head lettuce, washed, sliced  
2 cups fresh or frozen peas  
4 cups Basic Chicken Stock (see Index)  
Salt and pepper  
Sugar to taste  
1 sprig mint (or 1 teaspoon dried mint)  
4 to 6 tablespoons heavy cream  
2 teaspoons fresh (or dried) chopped mint  
**Croutons**

Melt butter; soften onion and lettuce 4 to 5 minutes without browning.

Measure 2 cups peas. Add 1½ cups to soup pan; reserve remainder as garnish. Add stock, salt, pepper, sugar, and mint sprig; cover. Cook gently until tender, about 20 minutes. Remove mint. Put into electric blender; blend until smooth. Or put through food mill or fine sieve.

Meanwhile, cook remaining peas in little boiling salted, sugared water; drain. Divide among soup cups.

Reheat soup; adjust seasoning. Pour into soup cups. Add tablespoon cream to each cup; sprinkle with chopped mint. Serve with croutons. Yield 4 to 6 servings.

### green split-pea soup

1 (1-pound) package green split peas  
1 ham hock  
12 green onions or scallions  
1 cup diced carrots  
1 cup diced celery

*green split-pea soup*

Pour on stock; mix well. When smooth, bring to boil; stir constantly. Add salt and pepper.

String beans; cut into slanting slices or break in half, depending on size. Add with dried savory to soup; cook 25 minutes or until beans are tender. Strain soup; reserve few pieces of bean for garnish (keep warm). Put remaining soup and beans through food mill or blend until smooth in electric blender or food processor. Reheat soup; adjust seasoning to taste. Add a little green coloring if re-



*Jerusalem artichoke soup*

**1 slice lemon**  
**½ teaspoon white pepper**  
**Salt to taste**  
**1 bay leaf**

Place peas in colander; rinse thoroughly with cold water. Rinse ham hock with cold water.

Place peas, ham hock, and 2½ quarts water in large kettle or saucepan.

Slice onions; use about 6 green tops. Add onions, carrots, celery, lemon, seasonings, and bay leaf to pea mixture; bring to boil. Reduce heat; simmer, uncovered, 2 hours. Stir frequently to prevent sticking; add more water as needed. Avoid scorching as soup thickens. Remove ham hock, lemon slice, and bay leaf when soup is done.

Cut ham from hock; discard skin and bone. Dice ham coarsely; return to the soup. Soup can be pureed if creamier soup is desired. Yield 6 to 8 servings.

## hominy soup

**3 pigs feet, split, or 2 large fresh pork hocks**  
**1 stewing chicken (about 4 pounds), cut up**  
**1 pound lean pork (Boston butt), cut up**  
**2 medium onions, finely chopped**  
**2 cloves garlic, chopped**  
**3 quarts water**  
**1 tablespoon salt**  
**4 red chili pods**  
**1 (29-ounce) can white hominy, drained**

### *garnish*

**1 cup sliced radishes**  
**1 cup shredded lettuce**

**½ cup sliced green onions**  
**½ cup shredded Jack cheese**

In large kettle combine pigs feet, chicken, pork, onions, garlic, water, salt, and chili pods; bring to boil. Reduce heat to low; cook 2 hours. Add hominy; cook until meat starts to fall off bone (3 to 3½ hours total cooking time). Remove meat from broth; cool meat and broth in refrigerator several hours or overnight. Discard chili pods; remove meat from bones. Skim fat from surface of broth. At serving time, add meat to broth; heat. Serve hot in soup bowls with hot tortillas. Pass garnishes in separate bowls, so each diner can garnish his plate to his own taste. Yield 8 to 10 servings.

## jerusalem artichoke soup

**1 pound Jerusalem artichokes**  
**2½ cups Basic Chicken Stock (see Index)**  
**2 tablespoons butter**  
**2 tablespoons all-purpose flour**



- 2½ cups milk**
- 1½ teaspoons salt**
- ¼ teaspoon white pepper**
- ⅓ cup freshly grated Parmesan cheese**

Steam artichokes; cool. Remove skins with tip of sharp knife. Combine artichokes and ¾ cup stock in blender container; process until pureed.

Melt butter in top of double boiler over boiling water; stir in flour quickly. Cook, stirring, until smooth and bubbly. Stir in milk gradually; cook, stirring constantly, until slightly thickened.

Combine milk mixture, artichokes, remaining stock, and seasonings in heavy saucepan; cook over low heat, stirring occasionally, about 5 minutes. Stir in cheese just before serving. Serve with additional cheese to sprinkle over soup. Yield about 6 servings.

## kale and potato soup

- 4 medium potatoes**
- 2 tablespoons vegetable oil**
- 8 cups water**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- 2 pounds fresh kale**
- ½ pound cooked, sliced smoked garlic sausage**

Peel and chop potatoes; combine with oil and water. Cook 20 to 30 minutes, until potatoes are tender. Remove potatoes; reserve liquid. Mash potatoes through sieve; return to potato liquid. Add salt and pepper; simmer 20 minutes.

Wash kale; discard all tough leaves; cut into thin shreds. Add to potatoes; cook 25 minutes. Add sausage; simmer gently 5 minutes. Yield 6 to 8 servings.

## lentil soup

- 2 cups lentils**
- 8 cups water**
- ½ cup chopped onion**
- 2 cloves garlic, minced**
- ½ cup chopped carrots**
- ½ cup chopped celery**
- ¼ cup olive oil**
- 1 teaspoon salt**
- ½ teaspoon pepper**
- 3 tablespoons tomato paste**
- 2 bay leaves**
- ½ teaspoon oregano**
- 3 tablespoons wine vinegar**
- ½ cup diced fried salt pork (optional)**

Wash and pick over lentils; soak overnight in 2 cups water.

In Dutch oven or soup kettle sauté onion, garlic, carrots, and celery in oil. Add lentils, 6 cups water, salt, pepper, tomato paste, bay leaves, and oregano; bring to boil. Cook 2½ to 3 hours, until lentils are soft. Remove bay leaves.

At this point mixture can be pureed until smooth. Thin with water if necessary. Return mixture to soup pot; heat. Add vinegar. Garnish, if desired, with crisp salt pork cubes. Yield 8 servings.



*lentil soup*

## SOUPS • VEGETABLE

### lettuce soup

- 2 or 3 heads lettuce
- 3 tablespoons butter
- 1 small onion or 6 to 8 young green onions, finely chopped
- 2 tablespoons flour
- 4 cups chicken stock (or water and cubes)
- Salt and pepper
- ½ teaspoon sugar
- 3 or 4 sprigs parsley (or 1 tablespoon dried parsley)
- 2 sprigs mint (or 1 teaspoon chopped mint)
- 1 cup creamy milk

#### *garnish*

- 4 to 6 tablespoons heavy cream
- 2 teaspoons finely chopped mint or parsley
- Croutons

Chop well-washed lettuces coarsely.

Melt butter; soften lettuce and onion gently in covered pan 5 to 6 minutes without browning. Sprinkle in flour; blend smoothly. Add stock, seasoning, sugar, parsley, and mint. When smooth, bring to boil; stir constantly. Reduce heat; simmer 15 minutes. Put into electric blender; blend until smooth, or put through food mill or fine sieve. Reheat in clean pan.

Meanwhile, heat milk in another pan; add when on point of boiling. This lightens texture of soup. Adjust seasoning to taste. If serving hot, pour into soup cups. Put large spoonful of cream and a few croutons on top of each cup. Sprinkle with mint. If serving cold, add a little more seasoning; chill

thoroughly. Serve in soup cups with spoon of whipped cream on top; sprinkle with mint. Yield 4 to 6 servings.

### minestrone

- 2 tablespoons oil
- 2 slices bacon, chopped
- 3 or 4 carrots, peeled, chopped
- 2 onions, peeled, chopped
- 3 tomatoes, peeled, chopped
- 2 stalks celery, chopped
- ½ small head cabbage, shredded
- 5 cups Basic Beef Stock (see Index) or water
- Salt and pepper
- Bouquet Garni
- ½ cup elbow macaroni
- Chopped parsley
- Grated cheese

Heat oil in large kettle. Add bacon and vegetables; sauté about 5 minutes. Add stock, seasoning, and Bouquet Garni; cover. Simmer about 30 minutes. Add macaroni; cook 20 minutes or until macaroni is tender. Remove Bouquet Garni; adjust seasoning. Sprinkle with parsley; serve grated cheese separately. Yield 4 servings.

### mulligatawny soup

- 3 to 4 tablespoons butter or oil
- 1 large onion, chopped
- 1 carrot, chopped
- 1 or 2 stalks celery, chopped
- 1 medium sour cooking apple

*mulligatawny soup*







*onion soup*

**1** tablespoons curry powder or paste  
**1½** tablespoons flour  
**1** tablespoon tomato puree  
**4** to **5** cups stock  
**1** bay leaf  
**3** or **4** sprigs parsley  
**Pinch** of thyme  
**Salt** and **pepper**  
**2** tablespoons shredded coconut  
**1** teaspoon sugar  
**4** to **6** tablespoons cooked rice  
**2** teaspoons lemon juice  
**4** to **6** slices lemon  
**Paprika**

Melt butter. Add onion, carrot, celery, and apple; stir well. Cook gently 5 to 6 minutes. Add curry; cook a few minutes. Add flour; mix well. Cook a few minutes to brown slightly. Add tomato puree and stock; blend well. Bring slowly to boil; reduce heat. Add herbs, seasoning, coconut, and sugar; simmer 30 to 45 minutes with lid on pan. Remove bay leaf. Blend soup in electric blender or put through fine food mill; return to pan. Add rice; adjust seasoning. Reheat; add lemon juice just before serving. (If preferred, rice can be served separately.) Serve hot with slice of lemon; sprinkle with paprika. Yield 4 to 6 servings.

## okra chowder

**2** pints okra  
**¼** cup bacon or other cooking fat  
**2** cups diced celery

**1** green pepper, seeded, diced  
**1** small onion, peeled, chopped  
**2** large tomatoes, peeled, seeded, chopped  
**1** teaspoon brown sugar  
**¼** teaspoon paprika  
**4** cups boiling water  
**Bacon** (garnish) (optional)

Cut stems from okra; slice.

Heat fat in kettle. Add okra, celery, pepper, and onion; sauté about 5 minutes. Add tomatoes, sugar, paprika, and water; cover. Simmer about 1 hour, until vegetables are tender. Add seasoning to taste. A little diced crisply-cooked bacon sprinkled on top is a pleasant addition. Yield 5 to 6 servings.

## onion soup

**4** large onions, thinly sliced  
**1** tablespoon butter  
**1** tablespoon vegetable oil  
**¼** teaspoon sugar  
**2** tablespoons flour  
**6** cups bouillon or Basic Beef Stock (see Index)  
**¼** cup dry white wine or vermouth  
**Salt** and **pepper** to taste  
**4** slices French bread, cut ½ inch thick  
**2** teaspoons vegetable oil  
**1** clove garlic, peeled, cut  
**2** tablespoons cognac  
**1** cup grated Swiss cheese

In covered 4-quart saucepan or Dutch oven cook onions slowly with butter and 1 tablespoon oil 15 minutes; stir occasionally. Uncover; in-

## SOUPS • VEGETABLE

crease heat to moderate. Add sugar; sauté onions, stirring frequently, about 30 minutes or until golden brown. Sprinkle with flour; stir over heat 2 to 3 minutes. Blend in hot broth and wine; adjust seasonings. Simmer, partially covered, 1 hour.

Meanwhile, place bread slices in 350°F oven 30 minutes or until lightly toasted. Halfway through baking, baste each slice with ½ teaspoon oil; rub with garlic.

Before serving, add cognac. Divide soup into ovenproof bowls or casseroles. Sprinkle ½ cup cheese in soup. Float slices of stale or toasted French bread on soup; sprinkle with rest of cheese. Bake in preheated 325°F oven 15 to 20 minutes, until hot; set under broiler 2 to 3 minutes, until cheese is golden brown. Serve immediately. Yield 4 servings.

### **parsley soup**

**2½ cups fresh chopped parsley**  
**3 tablespoons butter or margarine**  
**1 onion, chopped**  
**1 stalk celery, chopped**  
**2 tablespoons flour**  
**5 cups vegetable or white stock**  
**Salt and pepper**  
**Pinch of nutmeg**  
**½ bay leaf**  
**4 to 6 tablespoons heavy cream**  
**Sprinkling of paprika**  
**Croutons**

Coarsely chop parsley, including stems, which are full of flavor.

Melt butter; cook onion and celery gently a few minutes without browning. Sprinkle in flour; mix well. Pour in stock; bring slowly to boil, blending smoothly. Add parsley, salt, pepper, nutmeg and bay leaf; simmer 25 minutes. Soup can be served as it is, blended in electric blender or food processor or put through food mill. Reheat soup; pour into soup bowls. Serve with spoonful of cream and croutons in each bowl. Yield 4 to 6 servings.

### **parsnip soup**

**3 tablespoons butter**  
**1 onion, chopped**  
**1½ cups peeled, finely sliced parsnips**  
**1 tablespoon flour**  
**3 to 4 cups vegetable or white stock**  
**(or water and cube)**  
**3 or 4 sprigs parsley**  
**1 small bay leaf**  
**Pinch of thyme**  
**Salt and pepper**  
**Pinch of nutmeg**  
**½ cup cream**  
**1 tablespoon chopped parsley**  
**Croutons**

Melt butter; cook onion and parsnips gently 5 to 6 minutes, covered, to soften without browning.

*pea-pod soup*







Remove from heat. Sprinkle in flour; blend well. Pour in stock; mix well. Add herbs and seasonings; bring to boil. Simmer 20 to 30 minutes, until parsnips are tender; remove bay leaf. Put into electric blender; blend until smooth. Or put through food mill. Return to pan; adjust seasoning. Reheat, adding cream. Serve in soup cups; sprinkle with chopped parsley and with croutons. Yield 4 servings.

## pea-pod soup

2 pounds pea pods  
1 onion, peeled, sliced  
2 or 3 sprigs mint  
2 or 3 sprigs parsley  
4 cups stock or 2 bouillon cubes and 4 cups water  
2 tablespoons butter or margarine  
1½ tablespoons flour  
Salt and pepper  
Sugar  
4 tablespoons cooked green peas (optional)  
Chopped mint

## pea soup with ham

Wash pods; put into large kettle with onion, mint sprigs, parsley, and stock. Bring to a boil; cover. Simmer about 40 minutes. When outer flesh of pods is tender; rub all through sieve.

Melt butter in pan; stir in flour. Cook 2 minutes. Add puree; stir until boiling. Add salt, pepper, and sugar to taste. Add peas. Serve sprinkled with a little chopped mint or mint leaves. Yield 4 servings.

## pea soup with ham

3 medium onions  
3 whole cloves  
1 pound yellow peas  
4 cups water  
1 pound ham  
1 teaspoon marjoram  
1 teaspoon thyme  
Salt to taste  
Parsley

Dice 2 onions. Peel third onion; leave it whole. Stick cloves into whole onion. Put diced onions,

## SOUPS • VEGETABLE

whole onion, peas, and water into pot; cook 20 minutes. Add ham, marjoram, and thyme; cook at least 1½ hours. Remove cloved onion and ham. Cut ham into thick slices. Season soup with salt. When ready to serve, place ham slice on top of each serving of soup; garnish with parsley. Yield 4 to 6 servings.

### potato and cucumber soup

- 1 medium cucumber
- 4 medium potatoes, peeled, diced
- 1 teaspoon salt
- 2 cups cold water
- ¼ teaspoon white pepper
- 1 cup heavy cream
- ½ cup milk
- 1 green onion, grated
- 1 teaspoon dried dillweed (or 1 tablespoon chopped fresh dill)

Peel cucumber; slice lengthwise. Scoop out seeds with spoon; discard. Dice cucumber.

In heavy 2½-quart saucepan boil potatoes in salted water until very soft. Pour potatoes and cooking liquid into sieve or food mill; set over large bowl. Force potatoes through; return to saucepan. Stir in pepper, cream, milk, onion, and cucumber; simmer gently about 5 minutes, until cucumber is tender. Add dill; season to taste. Serve hot. Yield 4 servings.

### puree of turnip soup

- 3 tablespoons butter
- 2 cups sliced young turnips
- 1 cup sliced potatoes
- 1 small onion, sliced
- 1½ tablespoons flour
- 3 cups white or chicken stock
- 1 cup milk
- 1 tablespoon chopped parsley (or 1 teaspoon paprika)

Melt butter; cook turnips, potatoes, and onion gently until tender, 20 to 30 minutes. Sprinkle in a little flour; blend thoroughly. Pour in stock; mix well; bring to boil. Reduce heat; simmer 15 minutes. Put into electric blender or food processor; blend until smooth. Reheat; add more seasoning, if necessary, and milk. Sprinkle with parsley; serve croutons separately. Yield 4 to 6 servings.

### sauerkraut soup russian-style

- 3 to 4 tablespoons butter
- 1 onion, sliced
- 2 small carrots, sliced
- 1 potato, peeled, sliced

- 2 tablespoons flour
- 1 teaspoon tomato puree
- ¾ pound sauerkraut
- 4 to 5 cups Basic Beef Stock (see Index)
- 1 tablespoon chopped parsley
- 1 teaspoon chopped chervil

#### Sour cream

Melt butter; cook onion and carrots until golden. Add potato. Stir in flour; when smooth, add tomato puree and sauerkraut. Cook a few minutes; stir constantly. Add stock and herbs; bring to boil. Simmer about 40 minutes; season to taste. Serve hot with spoonful of sour cream in each soup cup. Yield 4 to 6 servings.

### soup paysanne

- 3 tablespoons bacon or other cooking fat
- ½ cup diced carrot
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced turnip
- 3 cups stock or water
- 1 cup canned tomatoes
- ½ cup diced potato

#### Salt and pepper

- 1 tablespoon chopped parsley

Heat fat in large kettle; sauté carrot, onion, celery, and turnip about 5 minutes. Add stock, tomatoes, potato, and a little seasoning; cover. Simmer 35 minutes. Add parsley. Adjust seasoning before serving. Yield 4 or 5 servings.

*Note: If pressure cooker is used, put all ingredients into cooker; cook 3 minutes at 15 pounds pressure.*

### spinach soup

- 4 to 5 handfuls fresh spinach (or 1 package frozen spinach)
- 3 tablespoons butter
- 1 onion, finely chopped
- 1½ tablespoons flour
- 4 cups vegetable broth (or water and chicken cube)
- 3 or 4 sprigs parsley (or 1 tablespoon dried parsley)
- 1 bay leaf
- Salt and pepper
- Squeeze or 2 of lemon juice
- ¼ to ½ teaspoon powdered mace
- ½ cup cream

#### garnish

- 2 hard-boiled eggs, sliced
- Paprika or croutons

Wash spinach thoroughly, if using fresh spinach; drain. Shake off excess water.





*soup paysanne*

Melt butter; cook onion and spinach gently until spinach has softened and become limp without browning. If using frozen spinach, let block thaw completely. Sprinkle in flour; blend smoothly. Add stock; bring to boil, stirring constantly. Add parsley, bay leaf, and seasoning; reduce heat. Simmer 10 to 12 minutes. Do not overcook; this spoils green color and fresh flavor. Put through fine food mill, or blend until smooth in electric blender or food processor. Reheat; add lemon juice. Adjust seasoning; add mace. Stir in cream just before serving. Garnish with hard-boiled egg slices in each cup; sprinkle with paprika or croutons. Yield 4 to 6 servings.

## split-pea vegetable soup

1 large potato  
2 medium-size carrots

2 stalks celery  
½ small onion  
½ cup dry split peas  
2 quarts (8 cups) water  
1 tablespoon butter, margarine, or drippings  
1 tablespoon salt  
Pepper to taste  
¼ small head cabbage

Cut up potato, carrots, celery, and onion. Wash and drain split peas.

Bring water to boil. Add cut-up vegetables, split peas, butter, salt, and pepper; cover. Boil gently 30 minutes.

Cut up cabbage; add to soup. Cook 15 minutes. Yield 6 servings.

## squash soup

1 large squash  
6 tablespoons butter or margarine



*spinach soup*

**1 onion, peeled, sliced**  
**1 cup water**  
**Bouquet Garni (see Index)**  
**Salt and pepper**  
**3 tablespoons flour**  
**1 cup milk**  
**1 egg yolk**  
**2 tablespoons light cream or evaporated milk**

Peel squash; cut into pieces; remove seeds.

Melt butter in pan; add squash and onion. Cook about 5 minutes; stir well. Add water, Bouquet Garni, and a little salt and pepper; cook until squash is quite soft. Remove Bouquet Garni. Strain through sieve; mash squash until smooth. Add to liquid; return all to pan.

Blend flour smoothly with milk. Add to squash puree; stir until boiling. Reduce heat; simmer 5 minutes.

Mix egg yolk with cream; stir into soup. Reheat but do not allow to boil; adjust seasoning. Serve with croutons of fried or toasted bread. Yield 4 servings.

## tomato consommé madras

**2 cans jellied condensed consommé**  
**1 small bottle tomato juice cocktail, with Tabasco or Worcestershire sauce added**  
**2 teaspoons curry powder (or paste)**  
**Few drops of lemon juice**  
**3 tablespoons fresh Mayonnaise (see Index)**  
**Grated lemon rind to taste**  
**1 to 2 teaspoons lemon juice**  
**1 tablespoon heavy cream, whipped**  
**2 teaspoons chopped chives**

Heat consommé very slightly to dissolve. Add

tomato juice and curry powder; mix thoroughly. Add lemon juice. Pour into soup cups; let chill.

Mix mayonnaise with lemon rind and juice; add whipped cream. Put spoonful on center of each cup of soup; sprinkle with chopped chives. Serve with brown bread and butter. Yield 4 to 6 servings.

## tomato-juice soup

**5¾ cups (46-ounce can) tomato juice**  
**1 large carrot**  
**1 large onion**  
**1 stalk celery**  
**½ cup uncooked rice**  
**3 tablespoons flour**  
**1 tablespoon butter or margarine**  
**Salt and pepper to taste**

Put juice in pan. Add whole vegetables and rice; bring to boil. Cover; boil gently until vegetables are tender.

Lightly brown flour in butter in pan; add to soup to thicken, if desired. Add salt and pepper. Yield 6 servings.

## tomato-rice soup italian-style

**2 tablespoons butter or margarine**  
**½ cup chopped onion**  
**½ cup chopped celery**  
**1 (28-ounce) can peeled tomatoes**  
**1½ cups chicken broth or Basic Chicken Stock (see Index)**  
**½ teaspoon crumbled dried marjoram**  
**½ teaspoon crumbled dried sweet basil**





**2 teaspoons sugar**  
**Salt and pepper to taste**  
**1/3 cup long-grain rice**  
**Grated Parmesan cheese**

Melt butter in large saucepan; sauté onion and celery until limp.

Combine tomatoes, broth, onion, and celery, and butter in blender jar; blend until smooth. Pour back into saucepan. Add marjoram, basil, sugar, salt, and pepper; bring to boil over

*tomato consommé madras*  
 moderate heat. Add rice; stir well. Cover; reduce heat to low. Simmer 15 to 20 minutes, until rice is tender. Serve garnished with cheese. Yield 4 servings.

## tomato soup french-style

**2 slices bacon, chopped**  
**1 tablespoon butter**  
**2 large onions, finely sliced**

*tomato soup french-style*



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**4 to 6 ripe tomatoes (or 1 cup canned tomatoes),  
chopped**

**1 tablespoon tomato puree**

**2 or 3 strips lemon rind**

**4 cups Basic Chicken Stock (see Index)**

**Salt and pepper**

**1 teaspoon sugar**

**1 tablespoon parsley**

**¼ teaspoon thyme**

**1 teaspoon basil**

**1 tablespoon chopped mixed parsley and basil**

**Fried garlic croutons (optional)**

Heat bacon in pan. When fat has run, add butter; melt. Add onions; cook gently 5 to 6 minutes, until tender and golden brown. Add tomatoes, tomato puree, lemon rind, stock, salt, pepper, sugar, and herbs; bring to boil. Simmer 20 minutes or until tomatoes are tender. Put through food mill or blend in electric blender or food processor. Adjust seasoning. Serve hot; sprinkle with parsley and basil and croutons. Yield 4 to 6 servings.

### tomato soup ukrainian-style

**2 large beef bones**

**1 large carrot, finely chopped**

**1 large onion, finely chopped**

**1 cup shredded cabbage**

**4 cups Basic Beef Stock (see Index)**

**2 pounds ripe tomatoes, skinned**

**2 teaspoons salt**

**1 teaspoon sugar**

**½ teaspoon freshly ground pepper**

**¼ cup all-purpose flour**

**1 cup sour cream**

**1 cup boiled rice**

Combine bones, carrot, onion, cabbage, and stock in soup kettle; bring to boil. Reduce heat; simmer 1 hour, skimming surface occasionally.

Chop tomatoes; add to soup. Stir in seasonings; simmer 45 minutes. Remove bones. Pour soup into blender or food processor container; process until pureed. Return to kettle; place over low heat.

Blend flour with sour cream; stir into soup. Bring just to boil.

Spoon rice into 4 soup bowls; ladle soup over rice; sprinkle with chopped dill or parsley, if desired. Yield 4 servings.

### two-bean soup

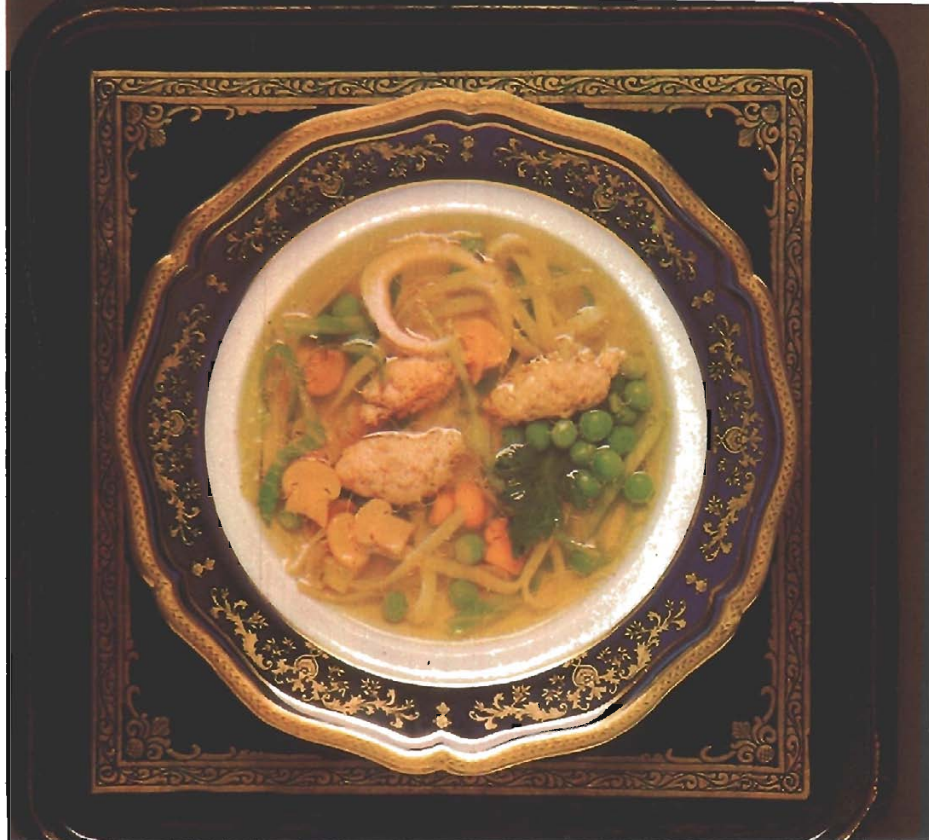
**1¼ cups dry white beans**

**¼ pound ham, cubed**

*tomato soup ukrainian-style*







**1 cup cut green beans, fresh or frozen**  
**¼ cup diced celery**  
**1 green onion, diced**  
**1 yellow onion, diced**  
**1 potato, peeled, diced**  
**1 tablespoon butter**  
**2 tablespoons flour**  
**¾ cup beef broth**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**1 sprig parsley (garnish)**

Cover white beans with cold water; soak overnight. Drain; place in 2-quart saucepan. Add ham and enough cold water to cover beans by 1-inch; bring to boil. Simmer about 1 hour, until beans are tender. Add green beans, celery, onion, and potato. Add enough water to cover vegetables; simmer 20 minutes.

Melt butter in frypan; stir in flour. Cook, stirring, until lightly browned; remove from heat. Stir in heated beef broth; cook until smooth. Stir into soup; simmer until soup is thickened and vegetables tender. Season with salt and pepper. Garnish with chopped parsley; serve immediately. Yield 4 to 6 servings.

## vegetable soup

**1 cup small pieces cooked beef**  
**6 cups beef broth**  
**2 cups fresh or canned tomatoes**  
**1 cup diced potatoes**  
**¾ cup diced carrots**  
**½ cup sliced onion**  
**3 cups other uncooked vegetables (green peas, chopped cabbage, diced celery, cut green beans,**

*vegetables and meat dumplings soup*

**chopped green pepper, sliced okra, diced turnips, cut corn)**

**1½ teaspoons salt**

**⅛ teaspoon pepper**

Combine beef and broth in large saucepan. Add remaining ingredients; cook, covered, about 35 minutes, until vegetables are tender. Yield 6 servings.

## vegetables and meat dumplings soup

*meat dumplings*

**2 slices bread**

**½ pound lean ground beef**

**Salt**

**White pepper**

**5 cups beef bouillon**

*soup*

**¼ head savoy cabbage (green cabbage can be substituted)**

**1 leek**

**2 ounces fresh mushrooms**

**1 celery stalk**

**1 tablespoon oil**

**1 small onion, chopped**

**2 ounces (⅓ cup) frozen peas**

**4 ounces egg noodles**

**Salt**

**White pepper**

**1 tablespoon soy sauce**

**3 tablespoons sherry**

Prepare dumplings. Soak bread in small amount cold water; squeeze as dry as possible. Mix with beef and salt and pepper to taste.

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Bring bouillon to boil. Using 1 teaspoon meat mixture, form little dumplings; drop into boiling broth. Reduce heat; simmer 10 minutes.

For soup, slice cabbage, leek, mushrooms and celery.

Heat oil in large saucepan. Add onion; cook until golden. Add sliced vegetables; cook 5 minutes.

Remove dumplings from beef broth with slotted spoon; drain on paper towels. Keep warm.

Strain broth; add to vegetables. Add peas and noodles; simmer 15 minutes. Return dumplings to soup. Season with salt, pepper, soy sauce, and sherry. Serve immediately. Yield 4 to 6 servings.

### vegetable soup japanese-style

**1 pound lean pork**

**1 carrot**

**12 dried mushrooms**

**4 cups Basic Chicken Stock (see Index)**

**1 (4-ounce) can bamboo shoots, drained**

**1 tablespoon soy sauce**

**½ cup chopped fresh spinach leaves**

**1 teaspoon powdered ginger**

Cut pork and carrot into julienne strips.

Place mushrooms in small bowl. Add enough stock to cover; let stand 1 hour. Remove mushrooms from stock; slice. Place in large saucepan. Add stock from bowl, remaining stock, and pork; bring to boil. Reduce heat to low; simmer 10 minutes. Add carrot, bamboo shoots, and soy sauce; cook 5 minutes. Stir in spinach and ginger; boil rapidly 2 minutes. Yield about 1½ quarts.

*vegetable soup japanese-style*

### vegetable soup tropical-style

**1 medium onion, chopped**

**2 tablespoons oil**

**1 cup diced potato**

**4 medium tomatoes, chopped**

**1 bunch spinach**

**1 sprig mint**

**5 cups water**

**1½ teaspoons salt**

**1½ cups sliced green beans**







*watercress soup*

**1 cup finely chopped cucumber**  
**1 bunch parsley, finely chopped**

Fry onion in oil until golden. Add potato, tomatoes, spinach, and mint; stir-fry 3 minutes. Add water and salt; simmer until tender. Add beans and cucumber; simmer until just tender. Add parsley just before serving. Excellent served with cheese. Yield 6 servings.

## **vichyssoise**

**$\frac{3}{4}$  pound leeks, well washed, halved lengthwise, thinly sliced**

**1 medium onion, chopped**  
**2 tablespoons butter**  
**2 large potatoes, peeled, diced**  
**3 cups chicken stock**  
**Salt to taste**  
**2 cups light cream**  
**Dash of Tabasco sauce**  
**1 cup plain yogurt**  
**Chopped chives**

Heat leeks and onion in butter in large skillet until transparent; do not brown. Add potatoes, stock, and salt; simmer until potatoes are tender, about 30 minutes. Pour into blender; puree. Stir in cream and Tabasco. Strain through sieve; chill. Just before serving, stir in yogurt; readjust seasoning. Serve very cold; garnish with chives. Yield 6 servings.

## **watercress soup**

**2 bunches fresh watercress**  
**3 tablespoons butter**

**1 potato, sliced**  
**1 small onion, finely chopped**  
**1 tablespoon flour**  
**3 cups Basic Chicken Stock (see Index) or water**  
**3 or 4 sprigs parsley**  
**1 bay leaf**  
**Salt and pepper**  
**2 cups milk**  
 **$\frac{1}{4}$  teaspoon mace**  
**Little green coloring (optional)**  
**4 to 6 tablespoons cream**  
**Watercress sprigs**  
**Croutons**

Wash and pick over watercress; discard yellow leaves. Reserve enough green top-sprigs for garnish; chop remaining cress roughly.

Melt butter; cook potato and onion together 2 to 3 minutes. Add chopped watercress; cook 3 to 4 minutes, stirring constantly to prevent browning. Sprinkle in flour; blend well. Add stock; blend together. Bring to boil. Add herbs and seasoning; reduce heat. Simmer until potato is tender, about 20 minutes. Remove bay leaf. Put soup into electric blender or food processor; blend until smooth. Or put through fine food mill or sieve. Return soup to pan; reheat gently.

At same time heat milk in separate pan. When almost at boiling point, pour into watercress mixture; this makes texture of soup lighter and more delicate. Adjust seasoning; add mace and a little green coloring if desired. Serve with spoon of cream in each cup and watercress sprigs on top. Fried bread croutons are also excellent with this soup. Yield 4 to 6 servings.





## zucchini soup

1 medium onion, chopped  
 1 tablespoon butter or margarine  
 4 to 6 medium zucchini, sliced  
 1 large potato, peeled, diced  
 ¼ teaspoon thyme  
 ¼ teaspoon rosemary  
 ¼ teaspoon basil  
 ¼ teaspoon salt  
 ⅛ teaspoon pepper

6 cups chicken broth

1 cup skim milk

In large frypan sauté onion in hot butter. Add zucchini, potato, herbs, salt, and pepper. After mixture is hot, cook 3 minutes; stir occasionally. Add broth; simmer 15 minutes. Puree in blender or food processor. Return mixture to saucepan. Add milk; heat slightly. Serve hot or cold. Yield 8 servings.



# SQUAB

## squab and bacon brochettes

2 or 3 squabs  
½ cup red wine  
1 onion, chopped  
1 tablespoon chopped herbs  
Pepper  
4 slices bacon  
8 to 12 baby onions, peeled  
1½ cups stock  
8 to 12 baby mushrooms (use stems for sauce)

### *brown sauce*

3 tablespoons oil  
2 bacon slices, chopped  
1 onion, chopped  
1 clove garlic, crushed  
2 carrots, chopped  
2 stalks celery, chopped  
Mushroom stems  
2 tablespoons flour  
Stock  
½ cup strained marinade  
Salt and pepper

Remove breasts from squabs; cut each into 2 pieces. Put into bowl; cover with wine, chopped onion, herbs, and pepper. Let marinate a few hours.

Cut bacon slices in half; make each into roll.

Cook baby onions in ½ cup stock 5 minutes; drain. Reserve stock for sauce.

Peel mushrooms. Remove stems; reserve for sauce.

Remove squab from marinade; dry. Thread ingredients alternately onto skewers.

Make brown sauce. Heat oil; cook bacon, onion, garlic, carrots, celery, and mushroom stems until golden brown. Sprinkle in flour; blend well. Add stock and marinade; bring to boil. Simmer ½ hour; strain. Add seasoning.

Heat broiler or barbecue grill; cook brochettes, brushing with butter or oil, about 8 minutes, depending on heat of broiler or grill. Squab must not be overcooked; it becomes tough and tasteless. Serve with boiled rice and Brown Sauce. Yield 4 servings.

## squabs in parcels

2 large squabs  
7 tablespoons butter  
2 slices bacon  
1 small can goose- or duck-liver pâté  
1 cup chopped mushrooms  
2 tablespoons chopped parsley, marjoram, and tarragon  
Salt and pepper  
Pinch of mace

1 tablespoon sherry

Cut each squab in half; brown all over in 3 tablespoons butter with bacon. Cover; roast in preheated 350°F oven 20 minutes. Remove squabs; let cool.

Mix pâté with mushrooms, 4 tablespoons butter, herbs, seasoning, and dash of sherry.

Cut 4 large squares of foil; butter. Place ⅛ of stuffing in center of each square. Place halved squabs on top; spread another ⅛ of mixture over each. Fold foil over birds; seal edges by turning over several times. Turn oven up to 400°F; bake parcels 35 minutes. Serve a parcel per person; open at table to get full effect of aroma. Yield 4 servings.

## squab stuffed and baked

6 dressed squabs  
1½ teaspoons salt  
1 cup chopped celery  
½ cup chopped onion  
3 tablespoons butter  
1½ cups Basic Boiled Rice (see Index)  
6 tablespoons thawed frozen orange-juice concentrate  
1½ cups chopped fresh mushrooms  
½ cup raisins  
1 tablespoon finely chopped parsley  
¾ teaspoon marjoram  
¾ cup vegetable oil

Sprinkle squab cavities well with ¾ teaspoon salt.

Sauté celery and onion in butter in large skillet until golden. Stir in rice, 3 tablespoons orange-juice concentrate, mushrooms, raisins, parsley, marjoram, and remaining salt; blend thoroughly. Heat through; spoon into squab cavities; truss.

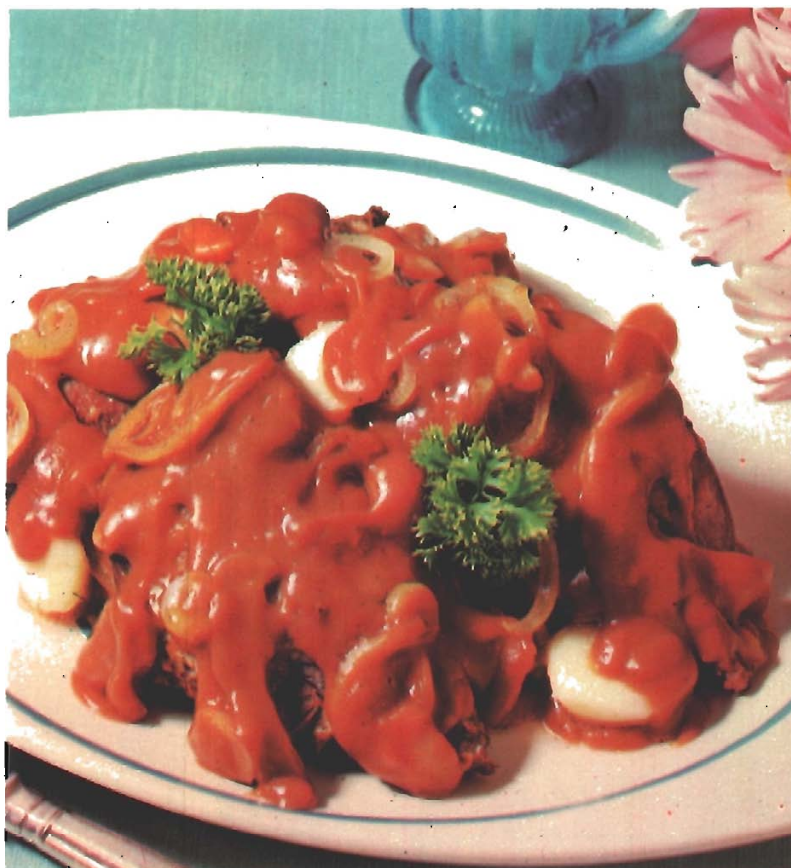
Combine oil and remaining orange juice; blend well.

Arrange squab on rack in roasting pan; brush with oil mixture. Bake in preheated 375°F oven 45 minutes or until squabs are tender; baste frequently with remaining oil mixture. Arrange squabs on serving dish; garnish with parsley and orange slices, if desired. Yield 6 servings.

## squabs with water chestnuts

2 to 4 squabs or young pigeons  
3 tablespoons flour  
3 tablespoons butter or margarine  
1 chicken bouillon cube, crumbled  
1½ cups water  
1 teaspoon sugar  
Salt and pepper  
1 tablespoon soy sauce





*squabs with water chestnuts*

**1 tablespoon sherry**

**2 green onions or 1 shallot, chopped**

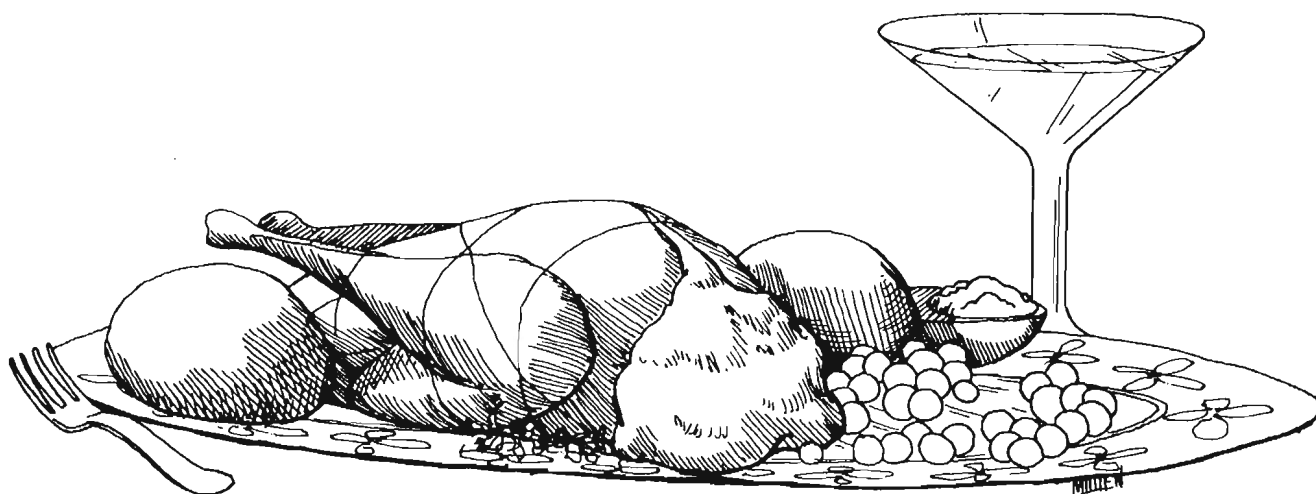
**10 water chestnuts, sliced**

Split squabs in halves; dredge with flour.

Heat butter in skillet; brown squabs on all sides.

Remove to casserole.

Put remaining flour into skillet with bouillon cube and water; stir until boiling. Add sugar, seasoning, soy sauce, sherry, onions, and water chestnuts; pour over squabs. Cover; cook in preheated 350°F oven 1 to 1¼ hours. Yield 4 servings.



# STEWs

## albanian lamb stew

Lean beef, chuck or round, can be substituted for lamb in this recipe to reduce costs.

**1 pound lean lamb, cut into ¾-inch cubes**  
(boneless shoulder or leg of lamb can be used)

**2 tablespoons vegetable oil**

**1 cup water**

**2 eggs**

**1 cup plain yogurt**

**½ teaspoon salt**

Brown lamb in hot oil in large skillet. Add water; simmer, uncovered, until water has evaporated, about 20 to 25 minutes. Place meat in greased, shallow, 1-quart casserole dish or individual ramekins.

Beat together eggs, yogurt, and salt. Pour over meat. Bake in preheated 350°F oven 20 minutes or until golden brown. Yield 4 servings.

## beef goulash

**1 pound lean beef (round steak)**

**2 tablespoons vegetable oil**

**1 large onion, chopped**

**1 pound (3 medium) potatoes, peeled, cubed**

**1 green pepper, cut into strips**

**2 tomatoes, peeled, cut into chunks**

**1 clove garlic, minced**

*beef goulash*

**½ teaspoon caraway seeds**

**1 (3-inch) piece lemon peel, minced**

**2 teaspoons paprika**

**½ teaspoon salt**

**2 cups beef bouillon**

Pat meat dry with paper towels; cut into strips approximately ½-inch wide and 2-inches long.

Heat oil in 4-quart Dutch oven or heavy kettle. Add meat and onion; cook 5 minutes or until brown. Add potatoes, cook 5 minutes. Add green pepper, tomatoes, garlic, caraway seeds, and lemon peel. Season with paprika and salt. Pour in beef bouillon; cover. Simmer over low heat 30 minutes. At end of cooking time, uncover; boil liquid a few minutes, until reduced. Correct seasoning if necessary. Yield 4 servings.

## beef stew mexican-style

**1½ pounds lean stewing beef, cut into cubes**

**1 large onion, sliced**

**1 clove garlic, minced**

**4 tablespoons olive oil**

**3 tablespoons wine vinegar**

**½ cup tomato sauce**

**1 cup red wine**

**1 bay leaf**

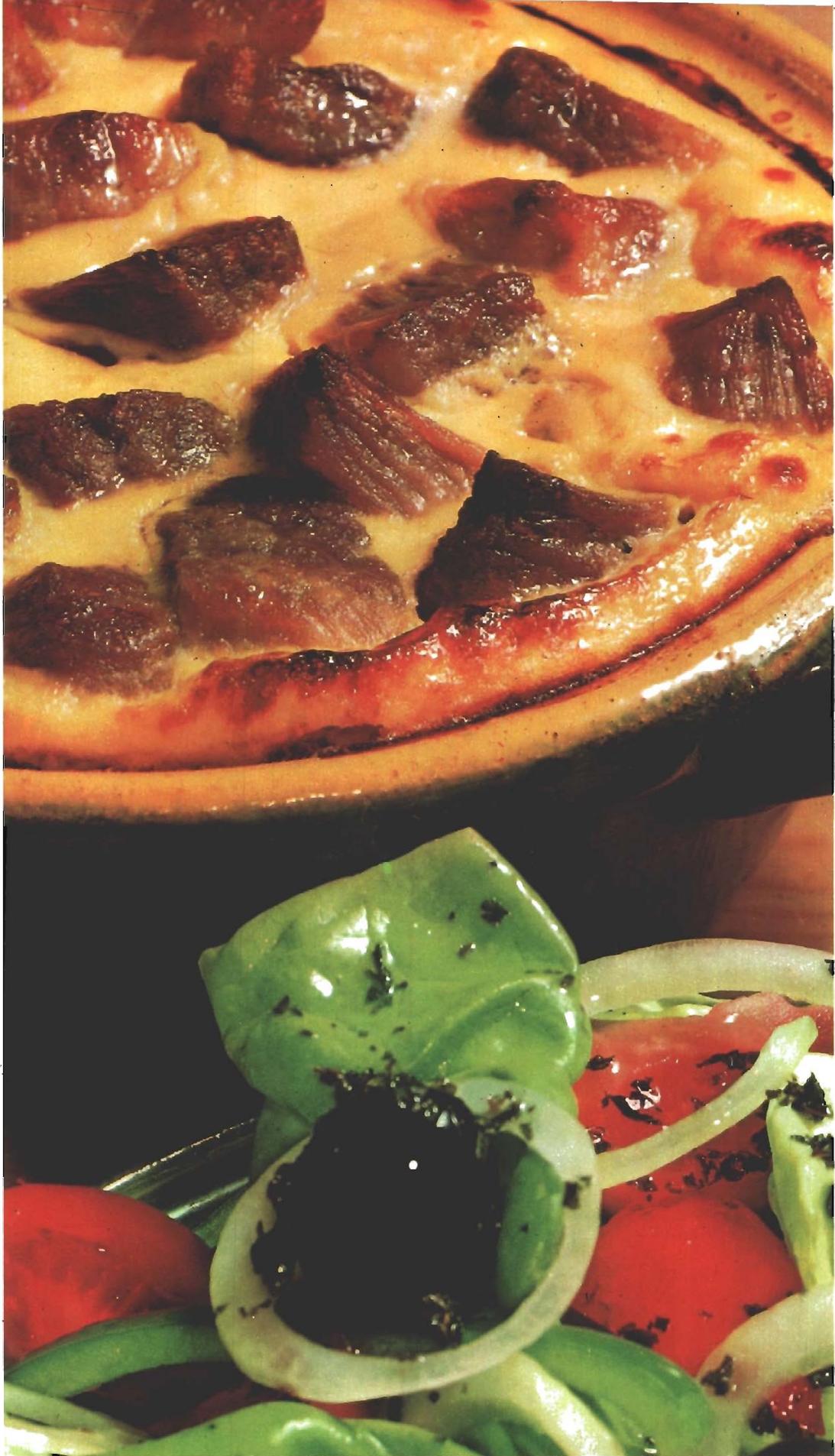
**1 teaspoon oregano**

**½ teaspoon salt**

**¼ teaspoon pepper**







*albanian lamb stew*





*beef stew mexican-style*

**1 (7-ounce) can green chili salsa**

Combine all ingredients in large saucepan; bring to boil, stirring occasionally. Reduce heat to simmer; cook 3 hours or until meat falls apart. Serve with Beer Rice. Yield 4 servings.

*beer rice*

**2 tablespoons olive oil**

**1 cup raw long-grain rice**

**1 (10¾-ounce) can condensed onion soup**

**1 (10¾-ounce) soup can beer**

Heat oil in medium saucepan over moderate heat. Add rice; brown lightly, stirring constantly. Add soup and beer; cover tightly. Simmer 20 to 25 minutes, until all liquid is absorbed.

## **bouillabaisse**

**½ cup olive oil**

**2 medium onions, chopped**

**2 leeks, chopped**

**2 carrots, chopped**

**1 or 2 cloves garlic, crushed**

**2 pounds mixed fish (red snapper, flounder, whiting, halibut, perch, red mullet, haddock, eel)**

**4 ripe tomatoes (or ½ cup canned tomatoes), peeled, chopped**

**1 bay leaf**

**1 tablespoon chopped fennel**

**Pinch of saffron soaked in boiling water**

**1 sprig thyme**

**4 or 5 parsley stalks, chopped**

**2 or 3 thinly peeled pieces orange zest**

**2 to 3 cups fish stock or water**

**Salt and pepper**

**¾ to 1 cup shrimp, clams, and lobster meat**

**1 teaspoon lemon juice**

**1 cup white wine**

**6 to 8 slices French bread**

*garnish*

**2 tablespoons butter, softened**

**1 clove garlic, crushed**

**Pepper and salt**

**2 tablespoons chopped parsley**

Heat oil in large pan. Add onions, leeks, carrots, and garlic; cook slowly until golden brown, stirring frequently to prevent burning. Add fish, boneless, cut into chunks. Add tomatoes, bay leaf, fennel, saffron, thyme, parsley, orange zest, fish stock, salt, and pepper; cover. Cook 15 to 20 minutes. Add shellfish; leave shrimp whole; cut clam or lobster meat into chunks (canned minced clams and canned lobster meat can be used). Bring to boil; cook 6 to 8 minutes. Add lemon juice and wine; reheat a few minutes. Adjust seasoning.

While soup is cooking, cut bread into ½-inch slices; put into warm oven to bake hard.

Mix butter with garlic. Add pepper and salt; spread paste on bread slices. Put slice of bread in



bottom of each soup cup or plate. Carefully spoon pieces of fish and shellfish into soup cups; divide equally. Spoon over broth; sprinkle with chopped parsley. Serve at once. Yield 6 to 8 servings.

## brunswick stew

1 stewing or roasting chicken, about 3 to 4 pounds  
1 teaspoon salt  
3 potatoes, sliced  
1 large onion, sliced  
1 cup green lima beans  
1 cup canned tomatoes (or 5 or 6 sliced fresh tomatoes)  
1 tablespoon sugar  
1 cup kernel corn

1 tablespoon catsup or Worcestershire sauce (optional)  
4 tablespoons butter

Cut chicken into pieces; put in casserole with enough boiling water to cover. Add salt; simmer about 45 minutes. Add potatoes, onion, lima beans, tomatoes and sugar; cook 45 minutes. Beans and potatoes should be tender. Remove chicken bones. Add corn; cook 10 minutes. Season to taste. Add catsup. Add butter; stir well. Yield 4 to 6 servings.

## chicken stew

½ cup pork drippings or other cooking fat  
1 boiling fowl, jointed



*brunswick stew*



*creamed vegetable stew*

add mushrooms; remove bay leaves. Put chicken on large dish; arrange vegetables around. Thicken stock with a little extra flour; adjust seasoning. Pour some over chicken; serve rest separately. Yield 6 to 8 servings.

## creamed vegetable stew

1 cup diced carrots  
 1 cup cubed potatoes  
 ½ cup diced green sweet pepper  
 ½ cup sliced green onions  
 1 cup diced celery  
 Salt  
 ½ pound salt pork  
 ½ cup all-purpose flour  
 4 cups milk

Place carrots, potatoes, pepper, onions, and celery in large saucepan. Add 2 teaspoons salt and enough water to cover vegetables; bring to boil. Reduce heat; simmer until vegetables are tender. Drain; set aside.

Wash salt pork; remove rind. Cut into cubes; place in large saucepan. Cook over medium heat until brown; stir frequently. Add flour; mix well. Stir in milk; bring just to boil, stirring constantly. Reduce heat; simmer until thickened. Season with salt to taste. Add vegetables; heat through. Yield 8 servings.

Salt and pepper

Flour

2 large onions, peeled, sliced

2 or 3 tomatoes, peeled, quartered

6 to 8 green olives (optional)

2 bay leaves

¼ teaspoon mixed herbs

Stock or water

1 cup sliced mushrooms

Heat fat in kettle.

Coat chicken pieces with flour to which salt and pepper have been added; brown on all sides. Remove chicken from pan. Add onions and tomatoes; fry about 5 minutes. Add olives, bay leaves, and herbs. Sprinkle with 2 tablespoons flour and a little salt and pepper; mix well. Replace chicken; add enough stock or water to cover. Put lid on kettle; simmer very slowly 2 to 2½ hours, until chicken is tender. When chicken is nearly done,



**gulliver stew**

2 pounds cubed lean beef  
 Flour  
 2 tablespoons fat  
 2½ cups boiling water  
 ½ cup Burgundy wine  
 1 teaspoon Worcestershire sauce  
 1 clove garlic, minced  
 1 or 2 whole bay leaves  
 1 teaspoon salt  
 1 teaspoon sugar  
 ¼ teaspoon pepper  
 ½ teaspoon paprika  
 Dash of ground cloves or allspice  
 ¼ teaspoon powdered saffron (optional)

1 medium onion, sliced

2 carrots, cut up

1 white potato, cut into pieces

1 medium sweet potato, cut into pieces

Shake meat with flour in plastic bag until coated on all sides. Brown meat in hot fat on all sides. In large pot add meat, water, wine, seasonings, and onion; bring to boil. Lower heat to simmer; cook, covered, about 1½ hours, until meat is tender. Add vegetables; simmer 20 to 30 minutes, until vegetables are tender. Yield 4 servings.

**hungarian beef goulash**

1½ pounds lean beef (chuck or round), cut into 1-inch cubes

*hungarian beef goulash*



## STEWES

2 tablespoons vegetable oil  
2 medium onions, chopped  
½ teaspoon salt  
2 tablespoons paprika  
1 cup beef broth  
2 green peppers, cubed  
2 red peppers (ripe green peppers), cubed  
½ cup plain yogurt mixed until smooth with  
1 tablespoon all-purpose flour

Brown beef on all sides in hot oil in large skillet. Add onions, salt, paprika, and broth; cover. Simmer gently about 2 hours, until meat is very tender. Add peppers last 10 minutes of cooking; remove lid so most liquid can evaporate. Add yogurt; stir only to distribute lightly. Serve at once. Yield 4 or 5 servings.

### hunter's stew

3 pounds stewing-beef cubes  
1 quart water  
8 peppercorns  
8 whole cloves  
2 whole bay leaves  
2 teaspoons salt  
1 teaspoon marjoram  
3 pounds chicken, cubed  
2 medium-onions  
5 large carrots  
2 sprigs parsley  
4 celery stalks  
3 leeks  
½ cup butter

½ teaspoon white pepper  
3 sprigs dill  
½ bunch parsley

Cover beef with water; bring to boil.

Tie peppercorns, cloves, and bay leaves in cloth bag; drop into boiling beef. Sprinkle 1 teaspoon salt and marjoram over beef; simmer 2 hours in covered kettle. Add chicken; simmer, covered.

Peel onions and carrots; cut into rings.

Chop 2 sprigs parsley, celery, and leeks.

Put butter into pan. Add vegetables, 1 teaspoon salt, and pepper; sauté over low heat until wilted.

Chop dill and remaining parsley.

Take cloth bag out of meat; discard. Remove meat from water.

Add wilted vegetables to meat stock; simmer until tender. Add meat back to stock and vegetables. Pour into serving dish; sprinkle with chopped dill and parsley. Yield 8 servings.

### mediterranean fish stew

#### broth

1 large fish head  
1 bay leaf  
1 medium onion, chopped  
½ teaspoon salt  
¼ teaspoon white pepper  
6 cups water

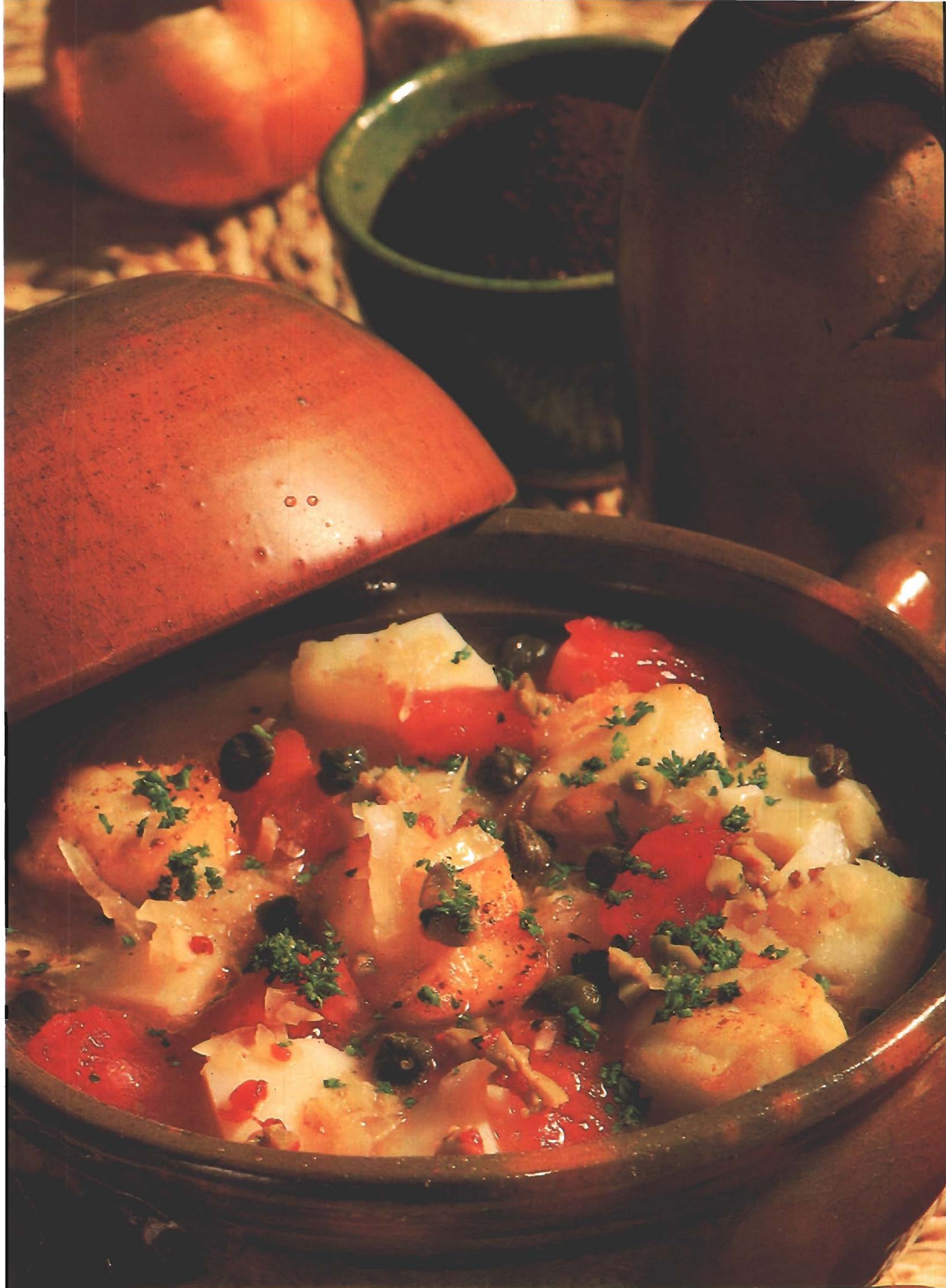
#### stew

1 large onion, chopped  
1 clove garlic, minced

*hunter's stew*







*mediterranean fish stew*





*monday's dinner*

- 1 tablespoon white wine
- 1 tablespoon water
- 3 medium potatoes, peeled, cubed
- 1 pound whitefish fillets, cut into cubes
- 2 tablespoons lemon juice
- 3 medium tomatoes, peeled, chopped
- ¼ cup stuffed green olives
- 1 tablespoon capers
- Salt and white pepper to taste
- Chopped parsley (garnish)

Combine broth ingredients in 4-quart saucepan; simmer 1 hour. Strain; reserve broth.

Meanwhile, cook onion and garlic in wine and water until soft. Add broth and potatoes; simmer 30 minutes.

While potatoes are cooking, sprinkle fish with lemon juice; add to broth 10 minutes before end of cooking time. After 5 minutes add tomatoes, olives, and capers. Season to taste; sprinkle with parsley. Yield 4 servings.

## monday's dinner

- 3 to 4 tablespoons margarine
- 1 tablespoon oil
- 2 medium onions, peeled, finely chopped
- 1 cup chopped cooked meat
- 1 (6-ounce) can tomato or mushroom soup
- 1 tablespoon finely chopped parsley
- ½ bay leaf
- 1 cup cooked vegetables (peas, carrots, potatoes, etc.)
- 1 cup stock or gravy
- 1 (7- to 8-ounce) package macaroni

### Grated Parmesan or sharp cheddar cheese (optional)

Heat 2 tablespoons margarine and oil in kettle. Add onions; sauté a few minutes. Add meat; stir about 5 minutes. Add soup, parsley, and bay leaf; cover. Simmer 15 minutes. Add vegetables and stock; heat through. Adjust seasoning to taste; remove bay leaf.

Cook macaroni; drain. Toss in 1 to 2 tablespoons margarine. Turn onto large platter; pour meat and vegetable mixture on top. Sprinkle cheese on top. Yield 6 to 7 servings.

## onion and beef stew

- 1¼ pounds stew beef, cut into 1-inch pieces
- ¼ cup olive oil
- 2 cups sliced onions or 2 cups small pearl onions, peeled
- 2 cloves garlic, minced
- ½ teaspoon salt
- ½ teaspoon pepper
- ½ teaspoon allspice
- ½ teaspoon sugar

1 (2-inch) piece cinnamon stick

1⅓ cups dry red wine

1 (8-ounce) can tomato sauce

Brown meat in hot oil in heavy skillet; remove from pan.

Brown onions and garlic. Add other ingredients; stir well. Add meat; bring to boil. Reduce heat to simmer; cover. Cook, stirring occasionally, 2 hours or until meat is very tender. Yield 4 servings.





*Note: Stew can easily be done in slow cooker. Brown meat; combine with other ingredients. Cook on low heat as manufacturer directs for any stew.*

### **pork vegetable stew**

**1 pound boneless pork shoulder**  
**1 medium-size onion, sliced**  
**3 medium-size carrots, sliced**

**2½ cups water**

**1 teaspoon salt**

**1 cup uncooked macaroni**

**2 cups cooked or canned green beans, undrained**

Cut meat into small pieces; brown in large greased pan. Add onion and carrots to meat. Stir in water and salt; bring to boil. Lower heat; cover. Boil slowly about 45 minutes, until meat and carrots are tender. Stir in macaroni and beans;

*onion and beef stew*



## STEWs



*seafood stew*

cover. Boil gently about 10 minutes, until macaroni is tender. Stir once in awhile to keep from sticking. Add water during cooking if mixture seems dry. Yield 6 servings.

### seafood stew

#### *sauce*

2 tablespoons vegetable oil  
2 onions, chopped, or 3 leeks, sliced  
4 cloves garlic, crushed  
2 fresh tomatoes, peeled, diced  
3 tablespoons tomato paste  
2 cups bottled clam juice  
4 cups chicken bouillon  
1 tablespoon salt  
1/8 teaspoon pepper  
1/4 teaspoon saffron  
1/2 teaspoon thyme  
1 bay leaf  
6 sprigs parsley  
Grated rind of 1 orange

#### *seafoods*

1 (2-pound) lobster and/or other shellfish (clams, mussels with shells, scallops, crab, shrimp)  
2 pounds assorted whitefish fillets, such as sea bass, perch, cod, sole, flounder, red snapper  
Chopped parsley (garnish)

Heat oil in large saucepan or Dutch oven; sauté onions several minutes, until translucent. Add remaining sauce ingredients; simmer 45 minutes.

Prepare seafoods. Cook lobster. (Place in large kettle of boiling salted water 10 minutes.) Break claws and tail from body; crack claws. Cut tail into 1-inch chunks. Remove black vein from tail

pieces; leave shell on meat. Wash fish fillets; cut into 2-inch pieces. Add lobster and firm-fleshed fish (sea bass, perch, etc.) to boiling sauce; cook 5 minutes. Add tender-fleshed fish, such as clams, scallops, sole, or cod; cook 5 minutes. Lift seafoods out as soon as cooked; keep warm in soup tureen or platter. Boil liquid 10 minutes to reduce; strain through coarse sieve into tureen. Mash through some of vegetables. Garnish with parsley. Yield 6 servings.

### steak and vegetable stew

1 (1½-pound) boneless round steak  
3 tablespoons butter  
3 tablespoons vegetable oil  
4 green onions, thinly sliced  
8 round radishes, thinly sliced  
1/2 cup diced green or red sweet pepper  
1½ cups thinly sliced onions  
1½ cups thinly sliced cabbage  
1 Bouquet Garni (see Index)  
Salt and freshly ground pepper to taste

Remove all fat from steak; cut steak into small cubes.

Melt butter with oil in large skillet over high heat. Add steak; cook, stirring constantly, until steak loses red color. Remove from skillet with slotted spoon; place in large casserole.

Reduce heat under skillet to medium. Add all vegetables to butter mixture remaining in skillet; cook, stirring constantly, until wilted. Turn into casserole. Add Bouquet Garni, salt, and pepper. Add enough boiling water to cover all ingredients; cover casserole. Bake in preheated 325°F oven, 1 rack below center, about 3 hours, until steak is



tender. Remove Bouquet Garni; skim grease from top of casserole. Liquid can be thickened with cornstarch, if desired. Serve with French bread. Stew can be chilled after baking, fat removed from top, then reheated. Yield 6 servings.

## vegetable stew with lamb

2 tablespoons vegetable oil  
1 pound lean lamb, cut into bite-size pieces  
1 medium onion, chopped  
1 small head cabbage, shredded  
1 stalk celery, sliced  
2 medium carrots, sliced  
1 stalk leek, sliced  
6 cups hot beef bouillon  
2 medium potatoes, cubed  
1 small head cauliflower, separated into florets  
1 (10-ounce) package frozen green beans

2 tablespoons tomato paste

½ teaspoon salt

¼ teaspoon white pepper

Chopped parsley (garnish)

Heat oil in 4-quart Dutch oven or saucepan; brown meat about 5 minutes. Add onion; sauté until golden brown. Add cabbage, celery, carrots, leek, and bouillon; bring to boil. Simmer 1 hour. Add potatoes, cauliflower, and beans; simmer 20 to 30 minutes, until vegetables are tender.

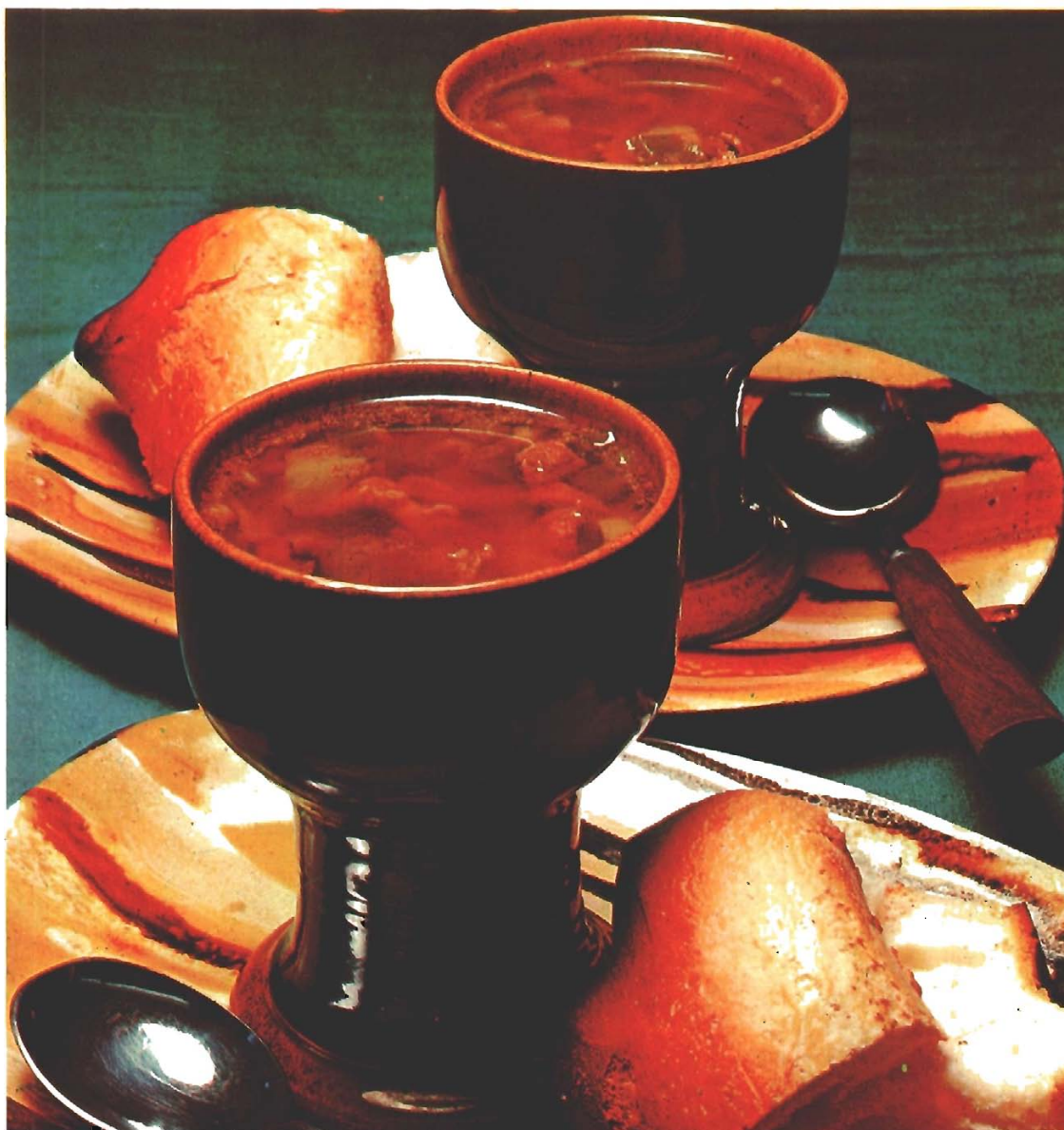
Thin tomato paste with a little broth; add to stew. Season with salt and pepper. Garnish with parsley. Yield 6 servings.

## vegetable stew with lobster

1 (10-ounce) package frozen cauliflower

1 (10-ounce) package frozen baby carrots

*steak and vegetable stew*







*vegetable stew with lamb*

**1 (10-ounce) package frozen white or green  
asparagus tips  
1 (10-ounce) package frozen peas  
2 tablespoons butter**

**2 tablespoons all-purpose flour  
1½ cups reserved cooking liquid from vegetables  
¼ teaspoon nutmeg  
Salt and pepper to taste**

*vegetable stew with lobster*





## STEW

**4 or 5 ounces canned black Chinese mushrooms,  
drained**

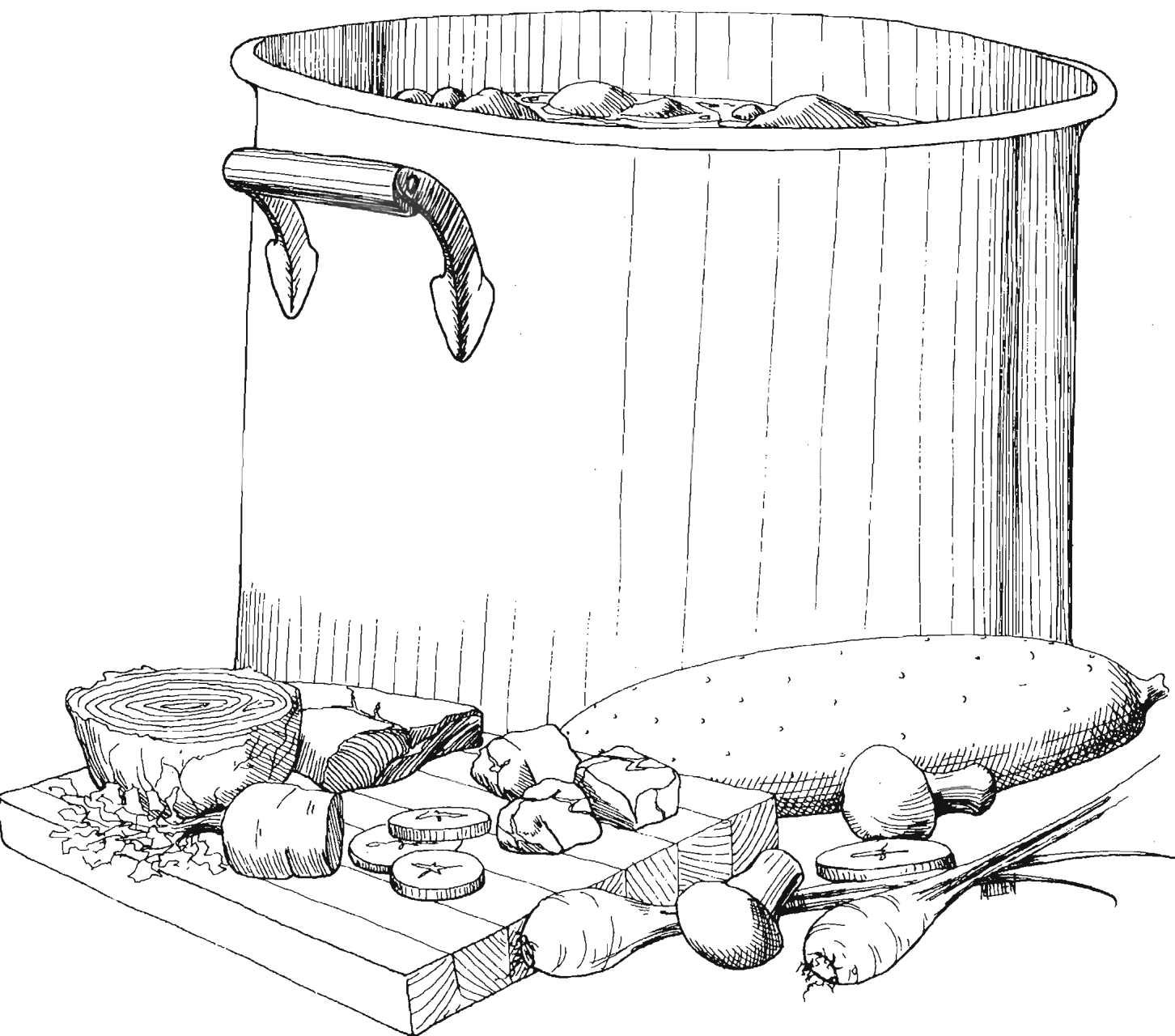
**½ cup plain yogurt**

**8 to 16 ounces cooked lobster meat, cut into  
bite-size pieces**

**Chopped fresh parsley leaves**

Cook cauliflower, carrots, asparagus, and peas  
according to package directions; drain. Reserve  
and combine cooking liquids.

Melt butter in large saucepan; stir in flour to  
make smooth paste. Gradually stir in 1½ cups  
reserved vegetable cooking liquids; heat and stir  
until mixture comes to boil and is thickened. Add  
nutmeg, salt, and pepper. Add cooked vegetables  
and mushrooms; heat through. Just before  
serving, stir in yogurt. Garnish with lobster and  
parsley. Serve at once. Yield 6 servings.



# STUFFINGS

## celery stuffing

- 2 cups toast crumbs
- 1 cup diced celery
- 1 small onion, minced
- 4 tablespoons melted butter or margarine
- ½ teaspoon salt
- ⅛ teaspoon pepper
- ¼ teaspoon sage

Toast bread; crumble into small pieces.

Fry celery and onion in butter a few minutes. Add with seasonings, to crumbs. Add a little water; mix thoroughly.

## chestnut stuffing for turkey

- 2 pounds chestnuts
- 1 cup oil
- 2 cups consommé
- 6 green onions (scallions)
- 2 celery stalks
- 2 tablespoons chopped parsley
- 1 tablespoon chopped chives
- 2 cups soft bread crumbs
- 3 tablespoons butter
- ¾ pound sausage meat
- ½ teaspoon thyme
- ½ teaspoon marjoram
- 1 bay leaf
- Salt
- Pepper
- ¼ cup red wine
- ¼ cup brandy

With knife make "X" cut on flat side of each chestnut.

Heat the oil in heavy skillet; add chestnuts. Cook over high heat about 3 minutes; stir and shake pan constantly. Remove shells and inner skins as soon as possible; place nuts in pan with consommé. Cook 15 to 20 minutes, until tender; drain. Chop coarsely.

Chop onion, celery, parsley, and chives.

Make bread crumbs.

Melt butter. Add celery and onions; cook and stir 3 to 4 minutes. Add sausage, parsley, chives, and herbs. Season to taste with salt and pepper; cook and stir with fork, breaking up meat.

Moisten bread with wine and brandy. Add to skillet; mix well. Add chestnuts; mix again. Yield 5 cups.

## chicken stuffing (easy method)

- 1¼ cups chunky-cut unpeeled tart apples
- 1¼ cups thinly sliced carrots

- ½ cup whole pitted prunes
- 3 tablespoons dry onion-soup mix
- 3 tablespoons butter or margarine

Toss apples, carrots, and prunes with 2 tablespoons soup mix. Spoon into chicken; fasten opening. Brush with butter melted with 1 tablespoon soup mix. Roast; baste occasionally. Apples and carrots stay nicely tender-crisp; in delicious contrast, prunes are moist and tender.

## corn-bread dressing (for roast turkey)

- ½ cup butter, margarine, or turkey fat\*
- 1 cup chopped celery
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 cup chopped nuts (optional)
- 6 cups (1½-quarts) corn-bread crumbs
- 6 cups (1½-quarts) soft bread crumbs
- 2 teaspoons salt
- ½ teaspoon pepper
- 1½ teaspoons poultry seasoning
- 2 eggs, well beaten
- 1 to 1½ cups broth from cooked giblets

Heat half the butter in frypan. Add celery, onion, green pepper, and nuts; cook over low heat 5 minutes.

Cut rest of butter into small pieces; mix lightly with corn-bread, bread crumbs and seasonings. Add eggs; sprinkle cooked broth over mixture. Toss lightly to mix. Stuff turkey lightly. Roast in preheated 325°F oven until stuffing is well heated in center (at least 165°F). Yield stuffing for 12-pound turkey.

\*To make turkey fat, remove excess fat from turkey; heat slowly in frypan or double boiler. If, using turkey fat, drain and cool in measuring cup.

## mushroom stuffing

- ¼ pound mushrooms
- 4 tablespoons butter or margarine
- 2 cups bread crumbs
- 1 small onion, finely minced
- Salt and pepper

Chop mushrooms; cook slowly in butter about 5 minutes. Add crumbs and seasonings. Moisten with a little hot water.

## onion stuffing

- 6 tablespoons butter or margarine
- 1½ to 2 cups hot water
- 4 cups toasted bread cubes
- ½ teaspoon salt
- 1 tablespoon sage





*oyster stuffing*

- 1/8 teaspoon pepper**
- 1/4 cup finely chopped onion**
- 1 tablespoon chopped celery**
- 1 tablespoon chopped parsley**

Melt 4 tablespoons butter in hot water. Mix with remaining ingredients. Use remaining butter to brush on chicken. Yield stuffing for 4-pound chicken.

## **oyster stuffing**

- 1 pint (2 cups) oysters in own liquid**
- 5 cups fresh bread crumbs**
- 1 cup butter**
- 1 cup chopped mild onions**
- 1/2 cup sliced celery**
- 4 tablespoons (1/2 cup) chopped parsley**
- Salt and pepper**
- Juice of 1/2 lemon**
- Little white wine or stock**

Shuck or buy ready-shucked oysters in their own salty juice.

Prepare bread crumbs made with 2-day-old loaf.

Melt butter; cook onions and celery until soft and light golden brown. Add to bread crumbs, with parsley, seasonings, lemon juice and oysters, cut in half if large. If too dry, add a little wine or stock, but stuffing must not be too soft. Fill turkey cavity; sew up carefully. Yield about 7 cups.

## **poultry stuffing**

- 1 small onion**
- 3 tablespoons butter or fat**
- 3 cups soft bread crumbs**
- 1 teaspoon salt**
- 1/8 teaspoon pepper**
- 1 teaspoon poultry seasoning**

Slice onion; sauté in butter until delicate brown. Add crumbs, salt, pepper, and poultry seasoning; mix well.

## **rice stuffing for poultry**

- 1/4 cup chopped onion**
- 1/2 cup chopped celery**
- 2 tablespoons butter or margarine**
- 1 cup long-grain white uncooked rice**
- 2 chicken-flavored bouillon cubes**
- 2 cups hot water**
- 1 teaspoon salt**
- 1 teaspoon poultry seasoning**

Cook onion and celery in butter in large frypan until tender. Add rice; heat, stirring often, about 5 minutes. Add remaining ingredients; bring to boil. Reduce heat; cover tightly. Simmer about 15 minutes, until rice is tender and all liquid absorbed. Use to stuff 4- to 5-pound chicken or duckling. Yield 6 servings.

# SWEETBREADS

## breaded sweetbreads

- 2 pairs sweetbreads
- 1 sprig parsley
- 1 stalk celery
- ½ teaspoon salt
- 1 cup fine bread crumbs
- 1 egg, slightly beaten
- 2 tablespoons butter and/or oil

Soak sweetbreads in cold water 1 hour; drain. Put in saucepan with parsley, celery, salt, and water to cover; bring to boil. Reduce heat; let simmer 30 minutes. Cool in liquor.

Take out sweetbreads. Remove fat and connective tissue. Cut into small, uniform cutlets. Dip in bread crumbs, then in egg diluted with 2 tablespoons water, and again in crumbs. Fry quickly in butter until brown; turn frequently. Serve with tomato sauce or creamed asparagus tips. Yield 4 servings.

## broiled sweetbreads

- 2 pairs sweetbreads
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 tablespoon butter or lemon butter

Soak sweetbreads in salted water 1 hour; drain. Put in saucepan; cover with water. Bring to boil; reduce heat. Simmer 30 minutes; remove sweetbreads. Discard fat and connective tissues; split lengthwise. Sprinkle with salt and pepper. Broil 10 minutes in hot (450°F) broiler; turn to brown both sides. Brush with butter; serve hot. Yield 4 servings.

## sweetbreads béchamel

- 2 pairs sweetbreads
- ½ teaspoon salt

- 1 sprig parsley
- 1 stalk celery
- 2 tablespoons butter
- 4 tablespoons flour
- 1 cup rich milk
- 1 tablespoon chopped parsley
- 1 egg yolk, well beaten

Soak sweetbreads in salted water 1 hour; drain. Put in saucepan; cover with water. Add salt, parsley, and celery; bring to boil. Reduce heat; simmer 30 minutes. Remove sweetbreads. Strain liquor; reserve 1 cup. Remove fat and connective tissues; cut into small pieces.

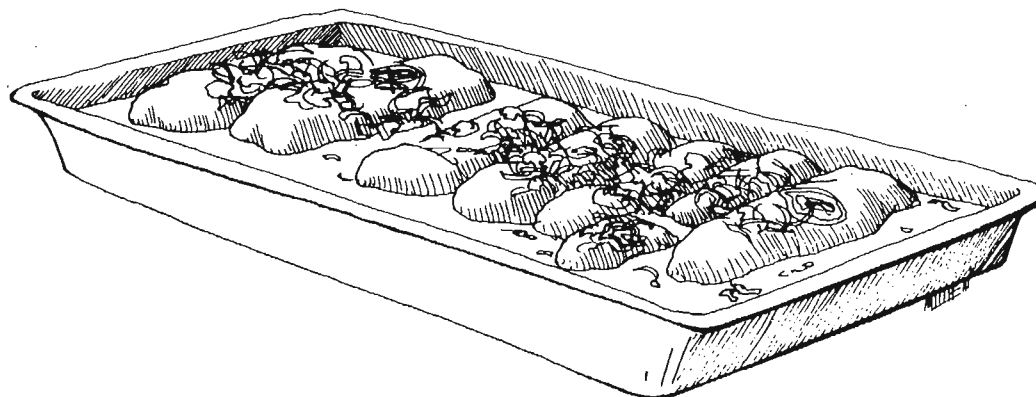
Melt butter; stir in flour. Add milk and reserved stock; stir until thick. Add sweetbreads; keep hot. Add parsley and egg yolk just before serving. Serve in croustades or on toast. Oysters or veal can be substituted for half the sweetbreads. Yield 4 servings.

## sweetbreads with garlic

- 1½ to 2 pounds sweetbreads
- Juice of ½ lemon
- Milk (or chicken stock)
- 1 cup butter
- 2 cloves garlic (more or less, according to taste), finely crushed
- Salt and pepper
- 1 tablespoon chopped parsley

Soak sweetbreads 3 to 4 hours in several changes of cold salted water, until water no longer has pinkish tinge. Put in pan; cover with water, milk, and lemon juice. Bring to boil; cook 2 to 3 minutes. Drain; soak again in cold water. When cool, remove all skin and membranes; slice.

Melt butter; add garlic. Cook gently 10 to 12 minutes. Add sweetbreads; season. Turn in hot butter until golden brown. Sprinkle with parsley. Serve with boiled rice. Yield 4 servings.





# TURKEY

## barbecued turkey

- ½ cup chopped onion
- 1½ tablespoons butter
- 1½ cups catsup
- ¼ cup packed brown sugar
- 1 clove garlic, pressed
- 1 lemon, thinly sliced
- ¼ cup Worcestershire sauce
- 2 teaspoons prepared mustard
- 1 teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 (12-pound) fresh or frozen turkey
- 2 to 3 tablespoons barbecue or seasoned salt

Sauté onion in butter in small saucepan until lightly browned. Add remaining ingredients, except turkey and barbecue salt; simmer 20 minutes. Remove lemon slices. Store sauce in covered jar in refrigerator if not used immediately.

Thaw turkey, if frozen. Rinse; pat dry.

Start charcoal fire 20 to 30 minutes before cooking turkey, allowing about 5 pounds charcoal for beginning fire. During cooking period, push burning charcoal to center; add more briquettes as needed around edge.

Sprinkle cavity of turkey with barbecue salt. Insert split rod in front of tail; run diagonally through breastbone. Fasten tightly with spit forks at both ends. Test for balance; readjust spit rod, if necessary. Insert meat thermometer into thickest part of inside thigh; make sure thermometer does not touch bone or spit rod and that thermometer will clear charcoal as spit turns.

Brush off gray ash from coals; push coals back of firebox. Place drip pan made of heavy-duty foil directly under turkey in front of coals. Attach spit; start rotisserie. Cook 25 minutes per pound or to 180 to 185°F on meat thermometer; baste

generously and frequently with barbecue sauce during last 30 minutes of cooking. Yield 10 to 12 servings.

## curried turkey

- 3 turkey legs and thighs, cut at joint into serving pieces
- 2 tablespoons seasoned flour (add ½ teaspoon salt and ¼ teaspoon pepper)
- 2 onions, sliced
- 3 tablespoons vegetable oil
- 1 apple, peeled, cored, chopped
- 1 tablespoon curry powder
- 2 cups chicken broth
- 1 tablespoon lemon juice
- 2 tablespoons chutney
- 4 tomatoes, chopped

Coat turkey pieces with seasoned flour.

Sauté onions in hot oil in large frypan or Dutch oven until soft. Add turkey pieces; fry until golden brown. Stir in apple and curry powder; cook 2 minutes. Add broth, lemon juice, chutney, and tomatoes; mix well. Cover; simmer 1 hour or more. Cooking time will vary according to size of turkey pieces. Serve with rice. Yield 6 servings.

*barbecued turkey*







*curried turkey*

## roast turkey with blue-cheese sauce

1 (12-pound) turkey  
Salt and freshly ground pepper  
Butter  
20 medium onions, peeled  
2 tablespoons soy sauce  
½ cup chopped onions  
1 cup half-and-half cream  
3 tablespoons all-purpose flour  
1 tablespoon red currant jelly  
1 tablespoon blue cheese

Cut tips from turkey wings. Rub turkey generously inside and out with salt and pepper;

brush with melted butter. Tie legs together; place on one side on rack in roasting pan. Place wing tips, neck, heart, liver, gizzard, and whole onions around whole turkey in bottom of pan. Roast in preheated 350°F oven 30 minutes; remove turkey pieces. Roast whole turkey 30 minutes longer.

Place turkey pieces in large saucepan. Add 4 cups water and soy sauce.

Sauté chopped onions in small amount of butter until transparent; add to soy-sauce mixture. Bring to boil; boil, uncovered, over medium heat until liquid is reduced to about 2 cups broth. Strain broth; set aside.

Turn turkey to other side; brush with butter. Roast 1 hour. Turn turkey breast-side-up; roast 1



hour longer or until brown and tender. Remove turkey and onions to serving platter.

Pour pan drippings into bowl to cool. Remove fat from surface; reserve 2 tablespoons. Strain drippings. Combine 1 cup drippings, reserved broth, and cream.

Place reserved fat in medium saucepan; blend in flour until smooth. Add cream mixture gradually; cook, stirring constantly, until sauce is smooth and thickened. Add jelly and blue cheese; cook, stirring, until blended. Carve turkey; serve with sauce and additional currant jelly. Yield about 10 servings.

## **roast turkey with chestnut dressing**

**1 10- to 12-pound turkey, thawed if frozen**

### *chestnut dressing*

**¼ cup butter or margarine**

**1 large onion, peeled, chopped**

**2 stalks celery, chopped**

**¼ pound ground veal**

**¼ pound ground pork**

**1 turkey liver, chopped**

**¾ teaspoon salt**

**Freshly ground black pepper**

**½ teaspoon Hungarian sweet paprika**

**6 cups soft bread cubes**

**¼ cup chopped parsley**

**1 pound chestnuts, roasted, skinned, chopped**

**1 egg, well-beaten**

**5 slices bacon**

Wash turkey well; drain. Remove giblet pack; save liver for dressing. Lightly salt cavity of turkey; set aside while preparing dressing.

Melt butter in large skillet. Add onion and celery; sauté until tender. Using slotted spoon, transfer to large mixing bowl.

Add veal, pork, and liver to skillet; sauté until lightly browned. Season with salt, pepper, and paprika; add to onion mixture. Add remaining stuffing ingredients; mix well.

Stuff turkey with dressing; truss. Place in roasting pan, breast-side-up. Lay bacon strips in single layer over turkey. Roast in preheated 325°F oven approximately 4 hours, to internal temperature of 185°F. Let stand, tented with aluminum foil, 20 minutes before carving.

Make a favorite gravy with pan drippings. Yield 6 to 8 servings.

## **turkey in the bag**

Rub carefully dressed bird all over with cooking oil or butter. Sprinkle very lightly with salt and flour. Rub inside of turkey with 1 teaspoon salt



*roast turkey with blue-cheese sauce*

## TURKEY



*turkey and mushroom croquettes*

for every 5 pounds dressed meat. Put into large paper bag; roll ends tightly. Place on roasting pan; set in 375°F oven. Do not open bag to baste. Here is the cooking chart:

7 to 10 pounds—30 minutes per pound  
10 to 15 pounds—20 minutes per pound  
20 to 23 pounds—13 minutes per pound

When turkey is done, remove from oven; let stand 5 or 10 minutes. Cut top out of bag; lift out golden-brown bird.

Make gravy from drippings.

Cook dressing separately.

### **turkey and mushroom croquettes**

**5 tablespoons butter**  
**4 tablespoons flour**  
**½ cup strong turkey or chicken stock**  
**½ cup milk**  
**Salt and pepper**  
**Pinch of mace**  
**Small pinch of cayenne pepper**  
**1 tablespoon chopped parsley**  
**2 cups chopped cooked turkey**  
**3 to 4 tablespoons chopped mushrooms**  
**Little lemon juice**  
**1 egg yolk, beaten**

**½ cup seasoned flour**

**2 eggs, beaten with 1 teaspoon oil**

**1 to 1½ cups dried white bread crumbs**

**Fat for deep frying**

Make thick sauce. Melt 4 tablespoons butter; add 4 tablespoons flour. Add stock and milk; bring to boil. Cook until thick and smooth. Add seasonings and parsley; let cool.

Meanwhile, chop turkey into small pieces.

Chop mushrooms; cook in 1 tablespoon butter. Sprinkle with lemon juice. Add chopped turkey, then sauce; stir well. When almost cold, add egg yolk; put into refrigerator to chill and set. Divide into 12 equal portions; shape each into small roll with floured fingers. Roll in seasoned flour; coat ends carefully. Brush all over with beaten egg; cover thickly with bread crumbs.

Heat fat to 390°F or smoking hot. Fry 4 croquettes at a time until well browned; drain well. Serve at once with a piquant brown or tomato sauce. Yield 4 to 6 servings.

### **turkey noodle ring**

**½ pound noodles**  
**5 to 7 tablespoons butter**  
**1 onion, chopped**  
**1 clove garlic**  
**1 cup whipping cream**  
**1 egg**  
**3 to 4 tablespoons grated cheddar cheese**



## TURKEY

1 tablespoon chopped herbs  
Salt and pepper  
2 onions, finely sliced  
1 cup mushrooms  
2 tablespoons flour  
½ cup stock  
¾ cup milk  
2 cups chopped cooked turkey  
¼ cup cooked peas and corn  
2 tablespoons chopped cooked pimiento  
2 hard-boiled eggs, quartered  
Pinch of paprika

Boil noodles in plenty of salted water until almost cooked; drain.

Heat 3 to 4 tablespoons butter in pan; cook chopped onion and garlic a few minutes to soften. Stir in noodles. Add cream beaten with egg, cheese, and herbs. Sprinkle liberally with salt and pepper; mix thoroughly. Turn into buttered ring mold; press in well. Cover with buttered paper. Put in preheated 350°F oven 45 minutes to set and to finish cooking noodles. Remove when done; turn out on hot dish. Fill with turkey filling.

Melt 2 to 3 tablespoons butter; cook sliced onions 5 to 6 minutes to soften. Add mushrooms; stir well. Sprinkle in flour; blend well. Add stock and milk; bring to boil. Simmer 4 to 5 minutes; remove from heat. Add turkey, peas and corn, pimiento, and hard boiled eggs. Season well; let stand in warm place until noodle ring is ready. Spoon into center; sprinkle with paprika. Yield 4 servings.

### turkey pot roast

1 turkey hindquarter (about 2-pounds)  
Salt and pepper to taste

½ cup peeled, finely chopped onion  
2 small cloves garlic  
½ teaspoon crumbled dried basil  
¼ teaspoon dried thyme  
1 cup fat-skimmed turkey broth or water  
3 medium potatoes, pared, halved  
6 medium carrots, scraped, cut into chunks  
1 tablespoon cornstarch  
¼ cup cold water  
2 tablespoons chopped fresh parsley

Place turkey skin-side-up in nonstick Dutch oven. Salt and pepper to taste. Bake in preheated 450°F oven 20 to 25 minutes, until skin is crisp. Drain; discard any fat. Add onion, garlic, basil, thyme, and broth; cover. Simmer over low heat (or bake at 350°F) until turkey is nearly tender, about 1 hour. Add potatoes and carrots; cover. Cook until vegetables are tender, about 20 minutes. Remove turkey and vegetables to platter; keep warm. Skim fat from pan juices; discard.

Stir cornstarch and cold water together; add to simmering pan juices. Cook, stirring, until sauce is thickened. Spoon over turkey and vegetables; garnish with parsley. Yield about 6 servings.

### turkey slices on vegetable bed

1 tablespoon butter or margarine  
8 ounces fresh small mushrooms  
2 (10-ounce) packages frozen peas, defrosted  
4 small tomatoes, peeled, halved  
2 tablespoons chopped parsley  
½ teaspoon salt  
2 tablespoons vegetable oil  
4 thick slices cooked turkey breast

*turkey noodle ring*









**Seasonings to taste**

Melt butter in 2-quart saucepan. Add mushrooms; sauté lightly. Add peas; cover. Heat gently 3 minutes. Add tomatoes and parsley; simmer 3 minutes. Season with salt.

Heat oil in separate pan; sauté turkey 2 to 3 minutes on each side or until golden brown. Season to taste.

Arrange vegetables on heated platter. (Use slotted spoon if too much liquid has accumulated.) Arrange turkey slices on vegetables. Yield 4 servings.

## **turkey sukiyaki**

**3 tablespoons oil**

**1 cup diced green pepper**

**1 cup diagonally sliced celery**

**1 cup diced green onions with tops**

**2 cups cooked, diced turkey**

**¼ cup soy sauce**

Heat oil in medium skillet; add vegetables. Cook, stirring, over medium heat 5 minutes or until vegetables are tender but not mushy. Add turkey and soy sauce; stir until mixed and heated through. Serve over piping-hot rice. Yield 4 to 6 servings.

## **turkey tetrazzini**

**6 tablespoons butter or margarine**

**3 tablespoons olive oil**

**½ pound fresh mushrooms, cleaned, sliced**

**4 tablespoons flour**

**2 cups chicken broth**

**1 cup heavy cream**

**2 tablespoons dry sherry**

**¾ cup grated Parmesan cheese**

**⅛ teaspoon ground nutmeg**

**3 cups cubed cooked turkey**

**½ pound spaghetti or vermicelli, cooked, drained**

**¼ cup Italian-style bread crumbs**

Heat 4 tablespoons butter and oil in large saucepan. Add mushrooms; sauté 5 minutes. Remove mushrooms with slotted spoon; reserve.

Add flour to pan juices; stir to form roux. Cook until bubbly. Slowly add broth; cook until thickened. Remove from heat. Add cream, sherry, Parmesan, and nutmeg; stir until cheese melts. Add turkey and mushrooms; stir well. Combine with cooked spaghetti; turn into greased 13 × 9 × 2-inch baking dish (or 3-quart baking dish).

Melt 2 tablespoons butter; toss with bread crumbs. Sprinkle over casserole. Bake in preheated 375°F oven 25 to 30 minutes. Yield 6 servings.

## **turkey timbale**

**3 tablespoons butter**

**2 tablespoons flour**

**1 cup milk**

**1 onion, sliced**

**1 teaspoon mixed herbs**

**Salt and pepper**

**2 to 3 cups finely chopped turkey meat**

**2 eggs**

**3 to 4 tablespoons thick cream**

Make thick cream sauce. Melt 2 tablespoons butter; stir in flour until blended. Strain in milk,

*turkey sukiyaki*



## TURKEY

previously heated with onion and herbs; bring to boil, stirring constantly. Cook a few minutes. Add seasoning; let cool.

Grind turkey finely in blender or food processor; mix with eggs beaten in cream. Add cooled cream sauce; mix well. Turn into thoroughly buttered ring mold; allow a little space at top for expansion while cooking. Cover with buttered paper; put in roasting pan of hot water. Bake in preheated 350°F oven 25 to 35 minutes, until skewer inserted in center comes out clean. (Make Mushroom Sauce while timbale cooks.) Run knife around outside and inner ring of mold; turn onto large round plate. Pour Mushroom Sauce into center; serve at once. Yield 4 servings.

### *mushroom sauce*

**3 tablespoons butter**

**16 to 20 mushrooms, quartered**

**2 tablespoons flour**

**1½ cups well-flavored brown stock**

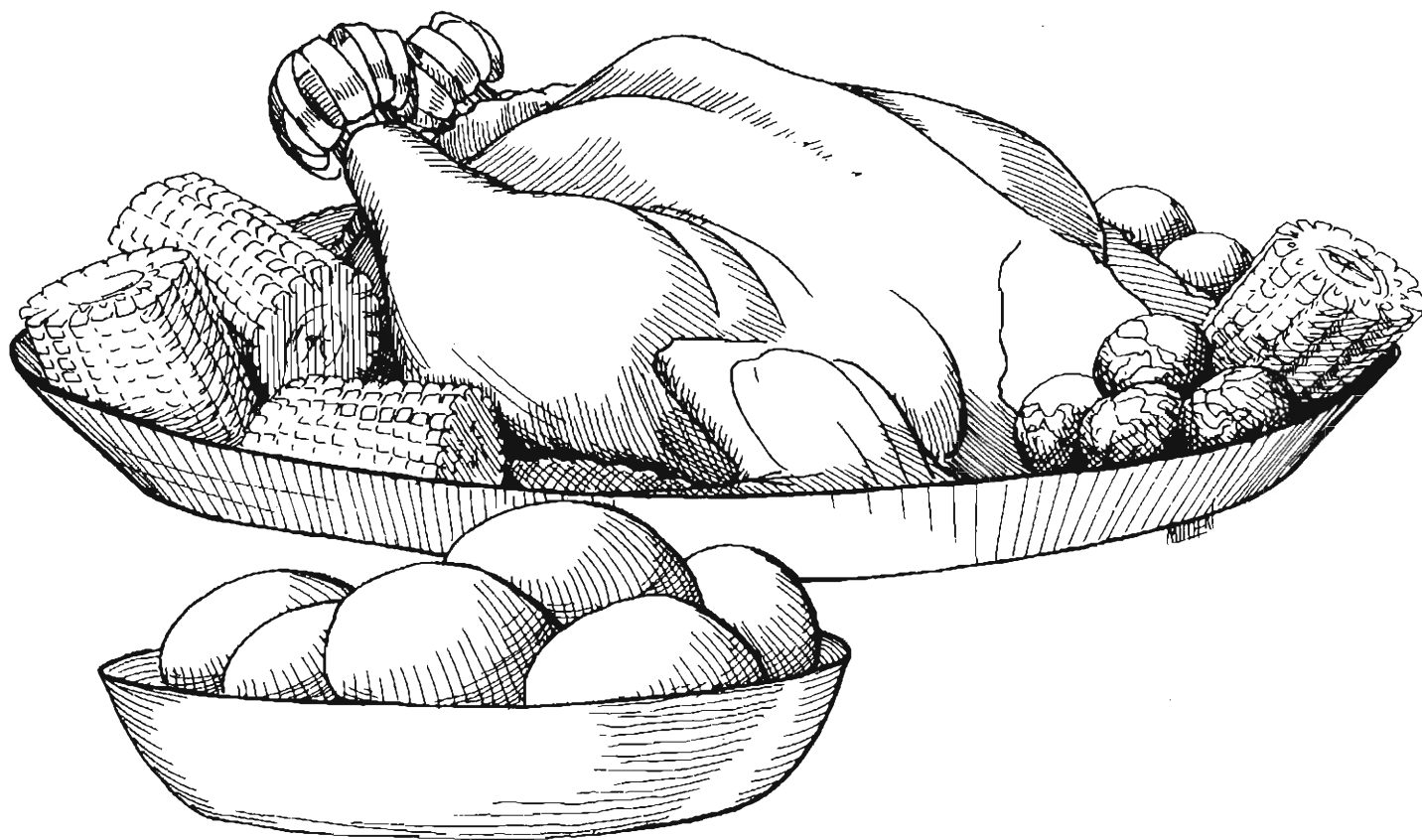
**Salt and pepper**

**1 tablespoon chopped herbs**

**2 teaspoons Worcestershire sauce**

**2 to 3 tablespoons Madeira or sherry**

Melt butter; cook mushrooms 2 to 3 minutes. Sprinkle in flour; cook 1 minute. Remove from heat. Add stock; blend thoroughly. Bring to boil; simmer a few minutes. Add seasoning, herbs, Worcestershire sauce, and Madeira; let flavors blend well.





## bavarian veal with asparagus

- 2 pounds veal cubes
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 cup chopped carrots
- 1 tablespoon chopped parsley
- ¼ cup fresh lemon juice
- 2 cups beef broth
- 3 tablespoons flour
- ½ teaspoon salt
- Freshly ground pepper to taste
- 2 (10-ounce) boxes frozen asparagus tips and pieces or 2 pounds fresh, cleaned, cut into 1-inch pieces

In Dutch oven or heavy saucepan brown veal in hot oil. Add onion and carrots; cook until onion is transparent. Stir in parsley.

Mix lemon juice, broth, flour, and seasonings until well blended. Pour over meat; cover. Bake in preheated 325°F oven until 1½ hours or until meat is tender. Add more broth, if needed.

Cook asparagus until tender-crisp; stir into veal. Serve immediately. Yield 6 servings.

## blanquette de veau

- 2 pounds veal from shoulder or breast
- 4 tablespoons butter
- 1 onion, quartered
- 3 or 4 medium carrots
- 1 tablespoon flour
- 2 cups chicken or veal stock
- Parsley stems
- 1 bay leaf
- Sprig of thyme (or ¼ teaspoon dried thyme)
- 12 baby or pickling onions
- 12 button mushrooms
- 1 large or 2 small egg yolks
- 1 cup cream
- Squeeze of lemon

Cut veal into cubes about 1¼ inches square. Put into pan with enough cold water to cover and a little salt. Bring slowly to boil; cook 5 minutes. Skim scum from surface; drain meat. Wash well with cold water; dry.

Melt 3 tablespoons butter. Cook veal cubes slowly with quartered onion and carrots; shake frequently. Do not let them brown at all. Stir in flour. Add stock, parsley, bay leaf, and thyme; bring to boil. Place in preheated 350°F oven or simmer on stove 1 to 1½ hours until veal is tender.

Meanwhile, peel baby onions; cook in salted water 10 to 15 minutes; drain.

Melt remaining butter. Cook mushrooms a few minutes; add to onions.

Remove veal from stove; place meat in dish. Add carrots, baby onions, and mushrooms.

Strain cooking liquid; boil to reduce quantity slightly. Remove from heat; cool slightly.

Beat egg yolks with cream; add a little hot sauce. Strain mixture gradually into sauce. Add lemon juice. Do not boil under any circumstances after this point. Pour over meat and vegetables. Serve at once with mashed or riced potatoes or plain boiled rice. Yield 4 to 6 servings.

## braised veal cutlets in sherry

- 3 veal cutlets, cut into serving pieces

Flour

Salt

Pepper

2 tablespoons butter

½ cup consommé

½ cup water

½ cup sherry

¼ teaspoon salt

2 tablespoons chopped parsley

4 thin slices boiled ham

4 thin slices Swiss or Romano cheese

Dust cutlets with flour, salt, and pepper; sauté lightly in butter. Cover with consommé, water, and wine. Sprinkle with ¼ teaspoon salt and parsley; cover. Bake in preheated 350°F oven 1 hour; uncover. Place slice of ham and cheese on each cutlet; return to oven until cheese melts. Serve at once. Yield 4 to 6 servings.

## greek-style veal with vegetables

- 2 tablespoons flour
- 3 tablespoons Kefalotiri or Parmesan cheese
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon nutmeg

1 egg, beaten

½ cup milk

1 pound thinly sliced leg of veal, cut into serving-size pieces

Flour

6 tablespoons butter

1 eggplant, 1½ pounds

2 tablespoons olive oil

4 tomatoes, peeled, quartered

Salt and pepper

½ teaspoon rosemary

Juice of 1 lemon

2 tablespoons chopped parsley



*greek-style veal with vegetables*



Combine flour, cheese, salt, pepper, and nutmeg. Add egg and milk; beat until well blended.

Wipe veal with damp cloth; dredge in flour.

Melt 3 tablespoons butter in skillet until it sizzles.

Dip veal in flour and egg batter; fry in butter until golden. Turn; fry other side. Remove to platter; keep warm.

Trim stem and cap from eggplant. Leaving skin on, slice  $\frac{1}{4}$  inch thick; pour boiling water over. Let stand few minutes; drain.

Heat oil in medium-size skillet; add eggplant, tomatoes, salt and pepper to taste, and rosemary. Steam 10 minutes or until eggplant is tender; stir several times.

Arrange vegetables in serving dish. Arrange veal on top of vegetables.

Melt remaining butter in pan in which veal was cooked until it foams. Add lemon juice and parsley; pour over veal. Yield 4 servings.

## **hungarian veal chops**

**1½ tablespoons paprika**

**1 teaspoon salt**

**Pepper**

**4 veal chops**

**2 to 3 tablespoons butter**

**1 small onion or shallot, finely chopped**

**½ cup white wine**

**½ cup cream**

**Chopped parsley**

Mix 2 teaspoons paprika with salt and pepper. Sprinkle on both sides of chops; rub in gently.

Melt 2 tablespoons butter in frying pan; cook chops about 2 minutes on each side, until well browned. Remove; keep warm. Add onion to frypan; cook gently until tender. Add remaining paprika; cover. Cook 1 or 2 minutes. Return chops to pan; add few drops wine. Bake in preheated 350°F oven about 20 minutes; place on serving dish to keep warm.

Pour wine into pan; reduce by cooking a few minutes. Stir in cream; simmer. Stir in remaining butter; pour over chops. Sprinkle top with parsley. Serve with plain boiled noodles. Yield 4 servings.

## **meatballs special**

**1 pound veal**

**1 pound pork**

**¼ cup flour**

**1 tablespoon salt**

**½ teaspoon white pepper**

**4 eggs**

**½ cup light cream**

**1 cup milk**

**1 medium onion, chopped**



*meatballs special*

**1 tablespoon butter or shortening**

Grind veal and pork together several times or have it ground by butcher. Put in large bowl. With electric beater at low speed, add flour, salt, and pepper. Add eggs one at a time, still at low speed. Add cream and milk.

In large skillet brown onion in butter just 5 minutes; add to meat. Mix enough so that meat can be easily handled; shape into oval cakes. Brown both sides; add extra shortening if needed. Cook over low heat 15 minutes. Because pork is included, meatballs must be thoroughly cooked. Yield 6 or more servings.

## **milanese veal rolls**

**1½ pounds rump roast of veal or veal cutlet**

**Salt and pepper**

**Ground sage**

**4 slices prosciutto**

**8 thin slices mozzarella cheese**

**3 tablespoons olive oil**

**1 small onion, chopped**

**1 clove garlic, minced**

**1 (16-ounce) can Italian-style peeled tomatoes**

**½ cup white wine**

**Salt and pepper**

**8 thin strips mozzarella cheese**

**Parsley sprigs**

Pound meat with mallet to  $\frac{1}{8}$  inch thick; sprinkle with salt, pepper, and a little sage. Cut

## VEAL

into 8 rectangular pieces.

Cut prosciutto slices in half. Top veal pieces with piece of ham and slice of mozzarella. Roll jelly-roll fashion; tie with string.

Heat oil in large skillet; sauté veal rolls until browned. Remove from pan. Add onion and garlic to pan; sauté until tender.

Break up tomatoes with fork; add to skillet, with wine, salt, and pepper; mix well. Add veal rolls; cover. Simmer 1½ hours or until tender. Top with mozzarella strips; cover. Melt cheese. Serve on bed of hot cooked spaghetti; top with sauce and garnish with parsley sprigs. Yield 4 servings.

### saltimbocca

8 thin slices tender veal from leg

8 thin slices ham

8 small fresh sage leaves (or pinches of dried sage)

Salt and pepper

2 to 3 tablespoons butter

¾ cup Marsala or white wine

8 slices bread

Beat veal between waxed paper. Place slice of ham on each veal slice; add sage leaf. Season with salt and pepper. Roll up each slice tightly; use toothpicks to fasten rolls securely.

Heat butter; brown rolls all over about 5 to 7 minutes. Add wine and a little salt and pepper; cover. Cook gently in preheated 350°F oven (or on top of stove) about 15 minutes, when meat should be tender.

Cut bread into rounds; fry in oil and butter until golden brown and crisp.

Place each roll on fried bread crouton. Serve around dish of spinach cooked with butter. Yield 4 servings.

### veal with artichokes

1 clove garlic

1 tablespoon vegetable oil

1 pound veal round, cut into bite-size pieces, pounded

½ teaspoon salt

⅓ teaspoon pepper

1 cup canned tomatoes

¼ cup sherry

¼ teaspoon oregano

1 (10-ounce) package frozen artichoke hearts

In large frypan sauté garlic in hot oil. Remove garlic; discard.

Season veal with salt and pepper; brown in oil. Add tomatoes, sherry, and oregano; mix well. Add artichoke hearts; cover. Simmer 1 hour or until meat is tender. Yield 4 servings.

### veal breast with herb stuffing

*herb stuffing*

3 strips bacon

1 medium onion

1 (4-ounce) can mushroom pieces

¼ cup chopped fresh parsley

1 tablespoon chopped fresh dill

1 teaspoon dried tarragon leaves

1 teaspoon dried basil leaves

½ pound lean ground beef

½ cup dried bread crumbs

3 eggs, beaten

⅓ cup sour cream

½ teaspoon salt

¼ teaspoon pepper

*veal*

3 to 4 pounds boned veal breast or leg

½ teaspoon salt

¼ teaspoon pepper

1 tablespoon vegetable oil

2 cups hot beef broth

2 tablespoons cornstarch

½ cup sour cream

Prepare stuffing. Dice bacon and onion. Cook bacon in frypan until partially cooked. Add onion; cook 5 minutes.

Drain and chop mushrooms; add to frypan. Cook 5 minutes; remove from heat. Let cool; transfer to mixing bowl. Add herbs, beef, crumbs, eggs, and sour cream; mix thoroughly. Season with salt and pepper.

With sharp knife, cut pocket in veal; fill with stuffing. Close opening with toothpicks. (Tie with string if necessary.) Rub outside with salt and pepper.

Heat oil in Dutch oven or heavy saucepan; place meat in pan. Bake in preheated 350°F oven about 1½ hours; baste occasionally with beef broth. When done, place meat on preheated platter.

Pour rest of beef broth into Dutch oven; scrape brown particles from bottom. Bring to simmer.

Thoroughly blend cornstarch with sour cream; add to pan drippings, stirring. Cook and stir until thick and bubbly.

Slice veal breast. Serve sauce separately. Yield 6 servings.

### veal cordon bleu

1½ to 1¾ pounds veal cutlets, cut into 6 thin pieces

6 thin slices boiled ham

3 slices Swiss cheese

1 egg, slightly beaten

2 tablespoons plus ½ cup milk





*veal breast with herb stuffing*

**¾ cup fine dry bread crumbs**  
**1 can condensed cream of mushroom soup**  
**Paprika**

Pound each veal piece to ⅛ inch thick; top each with ham slice.

Cut each cheese slice into 4 strips; place 2 on each ham slice. Roll meat around cheese; secure with wooden picks.

Mix egg and 2 tablespoons milk; dip rolls in egg, then in crumbs. Place seam-side-down in 13 × 9 × 2-inch baking dish.

Combine soup, wine, and ½ cup milk; heat to bubbling. Pour around rolls; cover with foil. Bake in preheated 350°F oven 1 hour or until meat is tender; uncover. Sprinkle with a little paprika; bake 10 minutes or until crumbs are browned. Yield 6 servings.

## **veal cutlets with capers**

**4 lean veal cutlets, about 6 ounces each**  
**2 tablespoons lemon juice**  
**½ teaspoon salt**  
**⅛ teaspoon pepper**  
**½ teaspoon paprika**

**1 tablespoon vegetable oil**  
**½ small jar capers, drained**  
**¼ cup dry white wine**  
**1 bay leaf**  
**3 tablespoons evaporated milk**  
**Sliced pickled beets (garnish)**  
**4 lettuce leaves (garnish)**

Sprinkle cutlets with lemon juice; season with salt, pepper, and paprika.

Heat oil in frypan; fry cutlets 3 minutes. Turn cutlets; add capers. Fry 3 minutes; remove cutlets. Arrange on preheated platter.

Pour wine into pan; scrape loose any brown particles from bottom of pan. Add bay leaf; simmer 3 minutes. Remove bay leaf. Blend in milk; adjust seasonings. Pour over cutlets.

Cut beets into strips; arrange on lettuce leaves as garnish. Yield 4 servings.

## **veal kabobs**

**1½ pounds shoulder veal**  
**1 clove garlic, crushed**  
**1½ teaspoons curry powder**  
**Pinch of paprika**

## VEAL



*veal cutlets with capers*

**Pinch of rosemary**  
**Pinch of thyme**  
**1 bay leaf, crushed**  
**Salt and pepper**  
**3 to 4 tablespoons oil**  
**4 firm tomatoes**  
**1 sweet red or green pepper, seeded, cut into strips**  
**½ pound bacon slices, cut into squares**

Cut veal into pieces about 1 inch square; put into bowl. Add garlic, curry powder, herbs, and a little salt and pepper. Pour oil over; mix well. Let stand about 1 hour.

When ready to cook, assemble meat, tomatoes and pepper on 4 skewers, putting piece of bacon before and after each piece of meat. Turn frequently while cooking. If bacon is rather lean, brush veal occasionally with a little oil. Serve on bed of rice. Yield 4 servings.

### veal marengo

**1 pound veal (lean breast or stew meat), cubed**  
**2 tablespoons vegetable oil**  
**1 medium onion, chopped**  
**¼ pound fresh mushrooms, sliced**  
**1 medium carrot, sliced**  
**1 tablespoon tomato paste**  
**½ teaspoon salt**  
**⅛ teaspoon pepper**  
**1 bay leaf**  
**1 teaspoon dried thyme**  
**½ cup hot water**  
**½ cup white wine**  
**¼ cup plain yogurt**  
**1 tomato (garnish)**  
**Parsley (garnish)**

In large frypan, brown meat in hot oil several minutes. Remove meat; keep warm.

Add onion, mushrooms, and carrot to pan drippings; cook 5 minutes. Stir in tomato paste; season with salt and pepper. Add bay leaf and thyme;

pour in water and wine. Return meat to pan; cover. Simmer about 30 minutes; cool slightly. Gradually add yogurt; reheat over low heat, if necessary, but do not simmer. Remove bay leaf; adjust seasonings. Serve on preheated platter; garnish with tomato sections, and parsley. Yield 4 servings.

### veal with mushrooms

**2 pounds boneless, thinly sliced veal cutlet or fillet**  
**½ cup flour**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**2 tablespoons vegetable oil**  
**3 tablespoons butter**  
**1 pound sliced mushrooms**  
**6 tablespoons wine**  
**2 tablespoons lemon juice**  
**Lemon slices for garnish**

Gently pound veal into very thin pieces.

Mix flour, salt, and pepper; lightly flour veal.

Melt oil and butter in 10-inch frying pan; sauté veal until golden brown, about 3 minutes each side. Remove; keep warm.

Add mushrooms to frypan; cook several minutes. Add wine and lemon juice; boil rapidly to reduce sauce slightly. Pour over veal; garnish with lemon slices. Yield 6 servings.

### veal paprika

**1½ pound veal steak, 1 inch thick**  
**2 tablespoons bacon fat**  
**2 or 3 onions, very finely chopped**  
**1 tablespoon flour**  
**2 teaspoons prepared mustard**  
**1 can (about 2½ cups) tomatoes**  
**Salt**  
**1 teaspoon paprika**  
**½ cup sour cream**



Brown meat in bacon fat; put into shallow casserole with tightly fitting lid.

Brown onions in remaining fat; stir in flour. Add mustard, tomatoes, a little salt, and  $\frac{1}{2}$  cup water; stir until boiling. Pour over meat just to cover. Add a little extra tomato juice if necessary; cover. Cook in preheated 350°F oven about 45 minutes, until veal is tender. Stir in paprika and cream; mix well. Reheat without boiling. Adjust seasoning to taste before serving. Yield 4 servings.

## veal piccata

4 pieces scallopine of veal  
2 tablespoons flour  
4 tablespoons corn-oil margarine  
1 clove garlic, crushed  
 $\frac{1}{4}$  cup dry vermouth  
1 tablespoon lemon juice  
 $\frac{1}{2}$  lemon, sliced

Pound veal with wooden mallet until very thin ( $\frac{1}{8}$ -inch). Dredge lightly in flour; shake off excess.

Melt 3 tablespoons margarine in skillet. Place garlic in skillet until golden brown; discard.

Place veal in skillet; cook quickly, just until brown, about 1 to 2 minutes each side. Remove to

serving dish.

Add remaining margarine, wine, and lemon juice to pan; simmer 3 minutes, scraping bottom of pan to loosen drippings. Pour over veal. Garnish with lemon slices. Yield 4 servings.

## veal with rice and sour cream

1½ pounds veal, cut into small pieces  
2 tablespoons oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 medium green pepper, chopped  
2 tablespoons minced parsley  
1 teaspoon paprika  
3 cups beef broth  
1 cup uncooked rice  
1 cup sour cream  
Salt and pepper to taste

Brown veal in oil. Add onion, garlic, and green pepper; cook a few minutes. Add parsley, paprika, and broth; simmer, covered, 15 minutes. Add rice; stir. Cover; cook 15 minutes. Slowly stir in sour cream. Season to taste; cover. Cook 15 minutes. Serve hot. Yield 4 to 6 servings.

*veal marengo*





*wiener schnitzel*

## veal scallopini country-style

- 2 to 2½ pounds veal scallopine
- ½ cup flour
- 1 teaspoon salt
- Pepper
- 2 teaspoons paprika
- 3 tablespoons butter
- 1 bouillon cube
- 1 cup hot water
- 1 (12-ounce) box mushrooms, sliced, sautéed
- ¼ cup chopped green pepper
- 2 cans tomato sauce
- 1 package noodles, cooked
- Parmesan cheese, grated

Have butcher cut scallopine from leg of veal. Flatten with meat pounder; cut into serving pieces.

Mix flour with seasonings; dredge meat. Brown in butter; put in baking dish.

Dissolve bouillon cube in hot water; pour over meat. Cover with mixture of mushrooms, green pepper, and tomato sauce. Bake in preheated 350°F oven 45 minutes. Serve over hot noodles; sprinkling all with Parmesan. Yield 6 to 8 servings.

## veal scallopino parmigiano

- 4 thin veal scallops (slices from leg of veal)
- 1 large egg
- ½ tablespoon oil
- 3 tablespoons flour
- Salt and pepper
- ½ teaspoon powdered garlic
- 3 to 4 tablespoons grated parmesan cheese
- 3 tablespoons butter
- Juice of ½ lemon
- 1 tablespoon finely chopped parsley

Beat scallops between waxed paper.

Mix egg with oil; beat.

Add seasoning and garlic to flour; mix with cheese. Brush scallops with egg mixture; press into cheese and flour until completely coated.

Melt butter; fry scallops until golden brown, about 5 to 6 minutes each side. Place on warm serving dish; keep hot.

Add lemon juice to butter in pan; reheat. Pour over scallops just before serving; decorate with parsley. Yield 4 servings.

## wiener schnitzel

- 4 large (6 ounce) thin veal scallops
- 2 to 3 tablespoons flour
- Salt and pepper
- 1 egg
- Vegetable oil
- 5 to 6 tablespoons dried white bread crumbs
- 2 to 3 tablespoons butter
- 4 slices lemon
- 4 olives
- 4 anchovies
- 1 hard-boiled egg, chopped
- 2 teaspoons chopped capers
- 2 teaspoons paprika
- 2 tablespoons chopped parsley

Beat scallops between pieces of waxed paper until wafer-thin. Toss in seasoned flour until completely coated; shake to remove excess.

Beat egg with few drips of oil and some salt. Brush each scallop with this; toss in crumbs. (A paper bag is a good container for this.)

Melt butter in frying pan. When foaming, cook veal 3 to 4 minutes each side, until golden brown and crisp. Place on hot dish; garnish top of each scallop with 1 lemon slice. Place an olive in center; curl an anchovy fillet around olive. Surround with portion of egg white, capers, and paprika. Sprinkle all over with parsley. Decorate with sieved egg yolk, if desired. Serve at once, with remaining butter from frying pan as sauce. (Extra butter can be added.) Yield 4 servings.



# VEGETABLES

## ARTICHOKES

### artichoke hearts in lemon butter

- ½ cup minced onion
- ½ clove garlic, crushed
- 2 tablespoons butter
- ¾ cup chicken broth
- 2 (15-ounce) cans artichoke hearts, drained
- 3 tablespoons lemon juice
- 1½ teaspoons salt
- 1 teaspoon oregano
- ¼ teaspoon grated lemon rind

Sauté onion and garlic in butter in medium saucepan until transparent. Add broth and artichokes. Season with lemon juice, salt, oregano, and lemon rind. Simmer 10 minutes or until artichokes are heated through.

Two packages cooked, frozen artichokes can be used in place of canned artichokes. Yield 6 to 8 servings.

### baked artichoke hearts

- 2 (8½-ounce) cans artichoke hearts, drained
- 4 tablespoons olive oil
- ¾ cup fresh bread crumbs
- Salt and pepper to taste
- ½ teaspoon paprika

Cut artichoke hearts in half; place in small casserole. Sprinkle with 2 tablespoons oil. Top with bread crumbs, salt, pepper, and paprika. Sprinkle with remaining oil. Bake in preheated 350°F oven 30 minutes. Serve with lemon wedges. Yield 4 servings.

### boiled artichokes

- 6 artichokes
- 3 tablespoons salt
- 6 quarts water

Hollandaise Sauce (see Index) or melted butter

Cut off artichoke stalks; pull off hard outer leaves. Trim off points of remaining leaves with scissors. Cut off about ¼ of top, which removes many thorny pointed leaves. Place artichokes in boiling salted water; boil about 45 minutes, until base is tender but not mushy. Drain upside down. Before serving, remove choke or hairy growth in center by opening top leaves and pulling out tender center or cone in one piece. Below cone is choke; scrape off with spoon to expose tender artichoke heart. Discard choke. Replace cone upside

down in center. Fill with Hollandaise Sauce, or serve butter separately.

Pull off each leaf, beginning at bottom. Dunk base of leaf in sauce; pull between teeth to scrape off tender flesh. Discard remainder of leaf. Continue this way until all leaves are eaten. Discard cone; cut base into wedges. Dip into remaining sauce. Yield 6 servings.

### globe artichokes vinaigrette

Yield: 4 servings

- 4 fresh globe artichokes
- Lemon juice
- ¾ teaspoon salt
- 1 recipe Basic Vinaigrette (see Index)

Wash artichokes; cut off stems. Remove small bottom leaves; trim tips of leaves. Cut off 1 inch from tops of artichokes. Dip cut portions of artichokes in lemon juice to prevent discoloration. Stand upright in deep saucepan just large enough to hold snugly. Twine can be tied around large bottom leaves to hold closely together, if desired. Pour in boiling water to depth of 3 inches. Add salt; cover. Boil gently 35 to 45 minutes, until base can be pierced easily with fork. More boiling water can be added, if needed. Remove artichokes with slotted spoon. Turn upside down to drain; let cool.

### stuffed artichoke bottoms

- 12 canned artichoke bottoms
- ½ recipe Mornay Sauce (see Index)

Place artichoke bottoms and liquid in saucepan; heat through. Drain; pat dry. Place on baking sheet; spoon sauce onto artichokes. Broil until sauce is bubbly and browned. Garnish with tomato petals and pieces of hard-boiled eggs. Serve immediately. Yield 6 servings.

### stuffed artichokes

- 4 medium-size globe artichokes
- ¾ cup dry bread crumbs
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon chopped parsley
- ½ teaspoon garlic salt
- ¼ teaspoon crumbled dried oregano
- ¼ teaspoon pepper
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 cup boiling water



*boiled artichokes*

## how to prepare artichokes



*1. Pull leaves apart gently.*



*2. Spread leaves open to find peak of small, pale leaves covering choke.*



*3. Grasp top firmly; twist to loosen and remove leaves.*



*4. Set aside cap of small, pale leaves.*



*5. Remove spiky choke from artichoke bottom with metal spoon.*



Remove stems from artichokes. Cut about ½-inch from tips of leaves with pair of kitchen shears. Drop into boiling salted water; cook 5 minutes. Drain; shake to remove water; cool.

Combine crumbs, cheese, parsley, garlic salt, oregano, and pepper; mix well.

Tap bases of artichokes on flat surface to spread leaves. Stuff each with ¼ of bread-crumb mixture; spoon between leaves. Place in saucepan or stove-top casserole, close together so they do not tip over. Top each with ½ tablespoon butter and ½ tablespoon oil. Add boiling water; cover. Cook over low heat 35 to 45 minutes, until tender. Yield 4 servings.

## ASPARAGUS

### asparagus amandine

**1 to 2 pounds fresh asparagus, cooked (see Index:**

**Fresh Asparagus), or 2 boxes frozen, cooked**

**¼ cup butter**

**¼ cup slivered almonds**

**½ teaspoon salt**

**1 tablespoon lemon juice**

Drain cooked asparagus.

Melt butter in small skillet. Cook almonds over low heat until golden brown, about 5 to 7 minutes; stir constantly. Remove from heat. Add salt and lemon juice; pour over hot asparagus. Yield 6 servings.

### asparagus with orange cream sauce and cashews

**2½ pounds fresh asparagus**

**1 fresh orange**

**1 recipe Béchamel Sauce (see Index)**

**Salt to taste**

**½ cup chopped cashew nuts**

Steam asparagus (see Index: Fresh Asparagus).

Section orange; cut sections into large pieces. Add to Béchamel sauce; mix well.

Arrange asparagus in serving dish; sprinkle with salt. Pour sauce over asparagus; sprinkle with nuts. Yield 8 servings.

### asparagus parmigiano

**1½ pounds fresh asparagus, cooked (see Index:**

**Fresh Asparagus) or 2 packages frozen asparagus, cooked**

**1 onion, chopped**

**1 clove garlic, minced**

**3 tablespoons oil**

**1 teaspoon salt**

**¼ teaspoon Tabasco sauce**



*asparagus with orange cream sauce and cashews*

**1 (1-pound) can tomatoes**

**¼ teaspoon thyme**

**1 (8-ounce) can tomato sauce**

**4 ounces mozzarella cheese, thinly sliced**

**2 tablespoons grated Parmesan cheese**

Drain cooked asparagus; arrange in shallow baking dish.

Sauté onion and garlic in oil in saucepan until golden. Add salt, Tabasco sauce, and tomatoes; simmer, uncovered, 10 minutes. Add thyme and tomato sauce; simmer 20 minutes. Pour over asparagus. Place slices of mozzarella cheese over top. Sprinkle with Parmesan. Bake in preheated 350°F oven 30 minutes. Yield 6 to 8 servings.

### asparagus and shrimp oriental

**1 pound cooked fresh shrimp**

**1 can water chestnuts**

**1 cup sliced fresh mushrooms**

## VEGETABLES • ASPARAGUS

- 1 medium onion, sliced
- 1 cup diagonally sliced celery
- 1 large can cut asparagus spears, drained, or 1½ pounds fresh asparagus, steamed (see Index: Fresh Asparagus)
- 1 (11-ounce) can mandarin orange sections, drained

- 2 tablespoons vegetable oil
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

- 2 tablespoons sugar
- 2 tablespoons soy sauce

### Boiled Rice (see Index)

Shell; devein shrimp.

Drain and slice water chestnuts.

Arrange shrimp, chestnuts, mushrooms, onion, celery, asparagus, and oranges on large tray.

Heat oil in wok or electric skillet. Add onion, celery, salt, pepper, and sugar; cook, stirring, until vegetables are crisp-tender. Add asparagus and shrimp; place mushrooms and water chestnuts over shrimp. Sprinkle with soy sauce; place orange sections on top. Cover; cook until mixture begins to steam; reduce heat. Simmer about 12 minutes. Serve on rice. Yield about 6 servings.

## fresh asparagus

Asparagus, as many as are needed; allow 4 to 6 per person

- ½ cup boiling water

- ½ teaspoon salt

Melted butter

Lemon juice

Cut away fibrous part of asparagus stalks; tie rest together. Place in tall pot; add boiling water and salt. Cover; cook over medium heat about 8 minutes (do not overcook); drain. Pour over asparagus melted butter to which a little lemon juice has been added.

## fresh asparagus with cream sauce

- 2 pounds fresh asparagus
- ¼ cup butter
- ¼ cup all-purpose flour
- ¾ cup milk
- ¾ cup half-and-half cream
- 2 hard-boiled eggs, minced
- 2 tablespoons fresh lemon juice

Cook asparagus (see Index: Fresh Asparagus); keep warm.

Melt butter in top of double boiler over hot water; blend in flour with wooden spoon. Add milk and cream gradually; stir constantly. Cook over low heat until smooth and thick.

Reserve 1 teaspoon egg; add remainder to sauce; mix well.

Place asparagus in serving dish; sprinkle with lemon juice.

Pour sauce in gravy boat; sprinkle with reserved egg. Yield 4 servings.



*fresh asparagus with cream sauce*

## lemony asparagus

- 1 pound fresh asparagus, cooked (see Index: Fresh Asparagus) or 2 boxes frozen, cooked

- 2 tablespoons butter

- ½ cup mayonnaise

- ¼ teaspoon salt

- ⅛ teaspoon white pepper

- ⅛ teaspoon dry mustard

- Juice of ½ large lemon

- ½ cup bread crumbs

- ⅓ cup grated Parmesan cheese

Place cooked asparagus in shallow greased casserole in single layer.

Melt butter; heat until golden brown. Blend in mayonnaise, seasonings, and lemon juice; pour over asparagus. Sprinkle with crumbs, then cheese. Bake in preheated 375°F oven 15 minutes or until browned. Can be prepared in advance and reheated. Yield 4 to 6 servings.

## sweet-and-sour asparagus

- 2 pounds fresh asparagus

- ⅔ cup white vinegar

- ½ cup water

- ¼ cup salad oil

- ¼ teaspoon salt

- ½ cup sugar

- 3 sticks cinnamon

- 1 teaspoon whole cloves

- 1 teaspoon celery seed

Prepare and cook asparagus (see Index: Fresh Asparagus). Remove from pan; set aside.



Combine remaining ingredients in saucepan; bring to boil.

Place asparagus in shallow glass dish; pour vinegar mixture over. Cover; chill 24 hours. Drain before serving.

Equal amounts of canned, green asparagus spears can be substituted for fresh asparagus. Yield about 6 servings.

## **white asparagus in ham sauce**

**2 (14½-ounce) cans white asparagus**

**2 tablespoons butter or margarine**

**2 tablespoons flour**

**½ cup reserved liquid from asparagus**

**½ cup milk**

**4 ounces cooked lean ham, cut into julienne strips**

**⅛ teaspoon nutmeg (freshly ground if possible)**

**¼ teaspoon salt**

Drain asparagus; reserve ½ cup liquid.

Heat butter in saucepan. Add flour; blend. Gradually pour in asparagus liquid and milk; stir constantly over low heat until sauce thickens and bubbles. Add ham and seasonings. Gently stir in asparagus; heat through, do not boil. Serve in preheated serving dish. Yield 4 servings.

*white asparagus in ham sauce*

## **BEANS**

### **braised green beans**

**3 tablespoons olive oil**

**½ cup chopped onion**

**1 clove garlic, minced**

**1 pound fresh green beans, washed, tips removed**

**1 cup canned tomatoes**

**1 tablespoon tomato paste**

**½ teaspoon salt**

**¼ teaspoon pepper**

**½ teaspoon oregano**

**½ cup water (approximately)**

Heat oil in heavy saucepan. Add onion and garlic; cook until golden. Add remaining ingredients. Juices should just cover beans in pan. If not, add a little more water. Cover; cook over low heat 45 minutes or until fork-tender. Serve with pan juices. Yield 4 servings.

### **brown-sugar beans**

**Great Northern beans**

**Dark brown sugar**

**Dry mustard**

**Salt**

**Coarsely ground black pepper**



## VEGETABLES • BEANS

### **Bacon slices, quartered**

Cook beans to almost-tender stage; reserve liquid. Layer beans about an inch deep in shallow baking pan or casserole; sprinkle liberally with brown sugar and several pinches mustard. Add another layer of beans; sprinkle with brown sugar, mustard, good dash of salt, and pepper. Place bacon randomly over top; add bean liquid until just visible through beans. Bake in moderate oven about an hour. Just before serving, sprinkle bacon with brown sugar; toast gently under broiler until sugar is bubbly and bacon lightly browned.

These beans make a delicious dish to serve anytime, especially for a pot-luck party. Yield as desired.

### **butter beans in cream**

**1 pound dried white butter beans**  
**2 teaspoons salt**  
**1 onion**  
**1 clove garlic, pressed**  
**2 small carrots, diced**  
**1 cup diced ham**

### **1 Bouquet Garni (see Index)**

### **Freshly ground pepper to taste**

### **½ cup half-and-half cream**

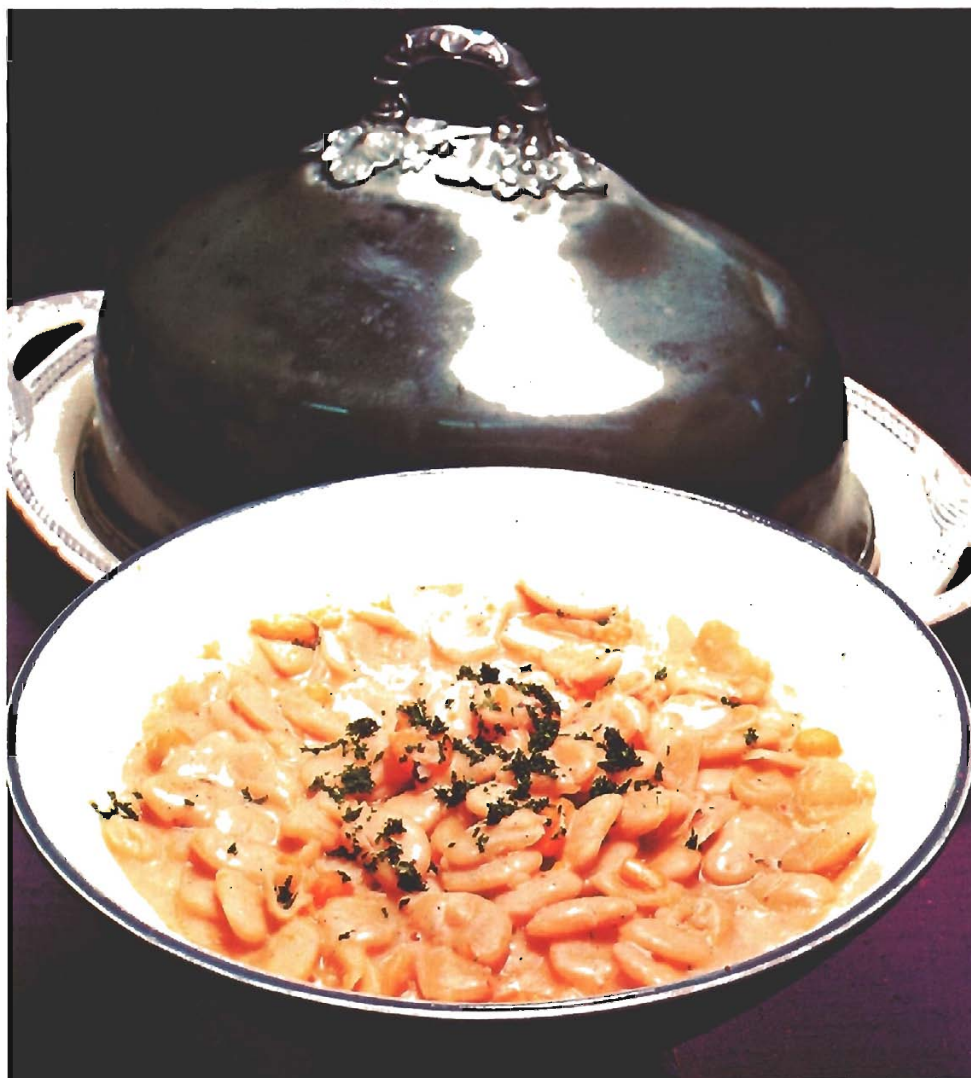
Rinse beans with cold water; place in large saucepan. Cover with cold water; bring to boil. Remove from heat; let stand 5 minutes. Drain; cover again with cold water. Add salt, onion, garlic, carrots, ham, and Bouquet Garni; bring to boil. Cover; simmer 1½ hours or until beans are tender. Remove onion, if desired, and Bouquet Garni. Season with pepper. Stir in cream. Serve immediately. Yield 8 to 10 servings.

### **french-style green beans**

**2 pounds fresh green beans**  
**1 small clove garlic, crushed**  
**¼ cup butter**  
**2 teaspoons salt**  
**⅛ teaspoon freshly ground pepper**  
**2 teaspoons finely chopped parsley**

Take beans, small bunch at a time and level them at one end so that tips come together evenly. Cut off both ends so they will be uniform.

*butter beans in cream*





Use mechanical bean slicer, or cut each bean in half lengthwise with sharp knife. Wash beans; place in top of vegetable steamer. Pour water into base of steamer pan to just below level of top of steamer pan; bring to boil. Add beans; cover. Cook 30 minutes or until beans are crisp-tender. Remove top steamer pan from base. Pour water from base of steamer pan; turn beans into base. Add garlic, butter, salt, pepper, and parsley; mix well with slotted spoon. Serve immediately.

Beans can be cooked in colander over large saucepan with boiling water, if steamer is not available. Yield about 6 servings.

## fresh green beans

**2 pounds fresh pole or bush beans**  
**2 tablespoons peanut oil**  
**1 cup Basic Chicken Stock (see Index)**  
**1 tablespoon cornstarch**  
**Salt to taste**

Cook beans in boiling water until crisp-tender; drain well.

Heat oil in large skillet. Add beans; cook, stirring constantly, until heated through. Stir in stock; cover. Cook over high heat 3 minutes.

Blend cornstarch and 2 tablespoons water until smooth.

Push beans to side of skillet; stir cornstarch mixture into broth. Stir beans into broth; cook, stirring constantly, until broth is slightly thickened and beans are glazed. Season with salt. Place beans in serving bowl. Yield 6 to 8 servings.

*fresh green beans with cherry tomatoes*



*fresh green beans*

## fresh green beans with cherry tomatoes

**1 pound fresh green beans**  
**1¼ teaspoons salt**  
**3 tablespoons butter**  
**½ teaspoon sugar**  
**Pinch of freshly ground pepper**  
**1½ tablespoons chopped fresh parsley**  
**8 cherry tomatoes, halved**

Wash beans; remove tips. Cut into 1-inch pieces; place in saucepan with 1-inch boiling water and 1 teaspoon salt. Cook 5 minutes; cover. Cook over medium heat 10 to 15 minutes, until just crisp-tender; drain, if necessary. Add butter, sugar, pepper, remaining salt, and parsley; toss lightly until butter is melted and beans are coated. Place in serving bowl; garnish with cherry tomatoes. Yield about 6 servings.

## fresh lima beans in parsley cream

**3 pounds fresh lima beans**  
**Salt and white pepper**  
**2 tablespoons butter or margarine**  
**½ cup cream**  
**1 tablespoon chopped parsley**

Cut off outer edge of each pod with scissors; open shell. Shuck beans into small saucepan; cover with boiling water. Add 1 teaspoon salt; cook until tender (20 to 25 minutes unless very small). Drain well; return to pan. Heat with butter and cream. Season to taste with salt and pepper. Serve in individual bowls; sprinkle with parsley. Yield 4 servings.

## green beans greek-style

**1½ pounds green beans**  
**¼ cup olive oil**  
**2 medium onions, chopped**  
**Juice of 1 lemon**  
**¾ teaspoon salt**







- ¼ teaspoon pepper**
- ⅓ cup bread crumbs**
- ¾ teaspoon dried savory**
- 1 bunch parsley, chopped**
- 2 cups hot water**

Wash and trim beans; cut in half.

Heat oil in large saucepan. Layer beans, onions, lemon juice, salt, pepper, crumbs, and herbs (reserve ½ cup parsley for garnish). Last layer should be beans. Add water; cook over low heat 30 to 35 minutes, until beans are tender. Garnish with parsley; cool. Serve cold as accompaniment to main dish. Yield 6 servings.

## **green beans with dill**

- 2 tablespoons chopped onion**
- ¼ cup butter or margarine**
- 4 cups cooked beans**
- 1 teaspoon dillseed**
- ½ teaspoon seasoned salt**

Cook onion in butter over low heat until soft and golden; do not brown. Add remaining ingredients; toss lightly. Heat; serve. Yield 6 to 8 servings.

## **green beans with radishes**

- 2 tablespoons butter or margarine**
- 1 tablespoon chopped scallions**
- 1 teaspoon lemon juice**
- 1 teaspoon soy sauce**
- ¼ cup sliced radishes**
- 2½ cups cooked fresh beans or 1 (16-ounce) can cut green beans, drained**
- 2 tablespoons slivered almonds**

Melt butter in frypan; sauté scallions until softened. Stir in lemon juice, soy sauce, and radishes; cook, stirring often, 5 minutes. Add beans; heat through. Gently stir in almonds. Yield 4 servings.

## **ham-seasoned green beans**

- 1½ pounds green beans, broken into short pieces or 2 (10-ounce) packages frozen cut green beans**
- 2 small onions, quartered**
- ½ stalk celery, sliced**
- About 2 ounces cooked ham, cut into bite-size pieces**
- 2 teaspoons salt**
- Pepper to taste**
- ½ cup water**
- 1 tablespoon butter or margarine**

Place beans in 2-quart saucepan. Add remaining ingredients; simmer until beans are tender, 12 to 20 minutes. Yield 6 servings.

## **italian green beans**

- 6 tablespoons chicken stock**
- 2 tablespoons oil**
- 4 peeled tomatoes, diced**
- 1 pound string beans, trimmed, washed**
- Pinch of dried herbs**
- Salt and pepper**
- Chopped parsley**

Combine stock, oil, and tomatoes; bring to boil. Add beans and herbs; cover. Simmer until beans are almost tender; remove lid. Simmer until excess liquid has evaporated. Add salt and pepper; sprinkle with parsley. Yield 2 to 4 servings.

## **lima beans creole**

- 2 (10-ounce) packages frozen lima beans**
- 6 slices bacon**
- ¼ cup finely chopped onion**
- 2 tablespoons chopped green pepper**
- ½ teaspoon salt**
- Pepper to taste**
- 2 cups cooked or canned tomatoes**

Cook beans as directed on package; drain.

Fry bacon; drain on absorbent paper.

Brown onion and green pepper in 2 tablespoons bacon drippings.

Crumble bacon.

Add onion, green pepper, bacon, seasonings, and tomatoes to beans; cover. Simmer gently 15 minutes. Yield 6 servings.

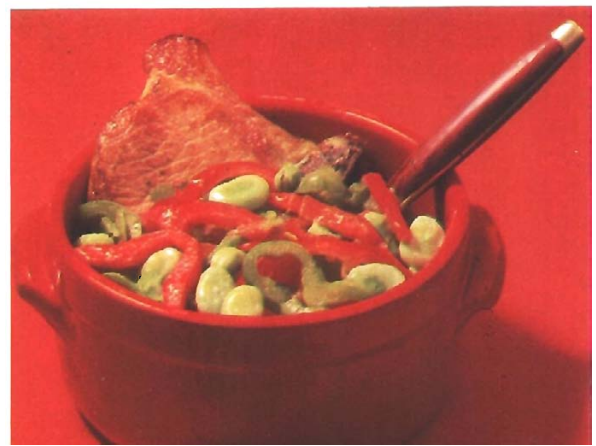
## **lima beans and peppers**

- 1 (10-ounce) package frozen baby lima beans**
- 3 tablespoons olive oil**
- ½ cup thin strips green pepper**
- ¼ cup thin strips sweet red pepper**
- ¼ cup finely chopped onion**

Cook beans in boiling salted water, according to package directions. Drain; keep warm.

Heat oil in small skillet. Add peppers and onion; sauté 5 minutes.

Combine bean and pepper mixtures gently. Serve immediately. Yield 4 servings.



*lima beans and peppers*

## VEGETABLES • BEANS

### mint lima beans

**1 (10-ounce) package frozen lima beans**

**¼ cup chopped onion**

**1 clove garlic, crushed**

**2 tablespoons margarine**

**1 cup canned tomatoes**

**½ teaspoon dried mint leaves**

Cook beans according to package directions. Drain; set aside.

In medium skillet sauté onion and garlic in margarine until tender. Stir in beans, tomatoes, and mint leaves; heat through until piping hot. Yield 4 servings.

### new england baked beans

**1 pound dry navy beans**

**1 large onion, diced**

**½ teaspoon salt**

**1 cup molasses**

**1 teaspoon dry English mustard**

**1 teaspoon Worcestershire sauce**

**1 cup firmly packed brown sugar**

**¼ pound salt pork, sliced**

Rinse and pick over beans; place in large kettle. Cover with water; let soak 4 hours. Drain; place in large kettle. Cover with water; bring to boil. Cook, covered, about 45 minutes, until just tender. Drain; reserve liquid.

Combine onion, salt, molasses, mustard, Worcestershire sauce, and brown sugar.

Place about ⅓ of beans in bean pot with small amount of reserved liquid. Cover with about ⅓ of molasses mixture. Place several slices pork on top. Repeat layers; add part of reserved liquid with each layer. Bake in preheated 300°F oven 5 to 6 hours, until tender; add water as needed to keep beans covered. Yield 8 to 10 servings.

### red beans and rice

**1 pound dried red beans**

**1 ham bone (with some meat)**

**5 cups water**

**1 bay leaf**

**3 medium onions**

**1 green pepper**

**2 tablespoons fat**

**1 (10½-ounce) can condensed tomato soup, undiluted**

**Garlic salt**

**Chili powder**

**Salt**

Soak beans overnight well covered with water; drain. Bring beans, ham bone, 5 cups water, bay leaf, and 1 onion to boil; simmer until beans are tender, about 2½ hours. Remove ham bone and bay leaf. Dice ham on bone; reserve. Chill beans;

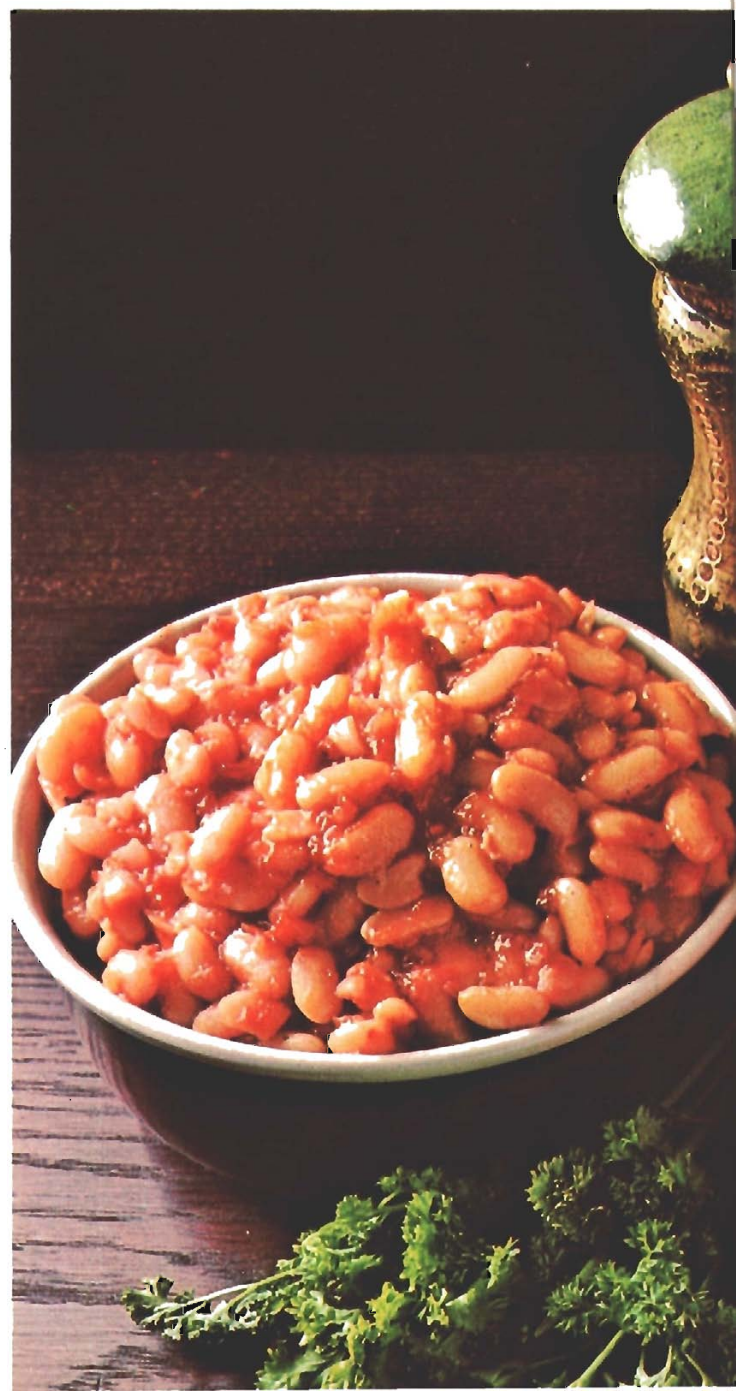
remove fat from top.

Chop remaining 2 onions and green pepper; cook until lightly browned in skillet with the fat; add to beans (and their liquid) with diced ham, soup, garlic salt, chili powder and salt (if needed) to taste. Reheat slowly over hot water. Serve with hot rice; use wide shallow soup plates if desired. Yield 6 servings.

### roman-style green beans

**1 (9-ounce) package frozen French-cut green beans**

**1 tablespoon fresh lemon juice**





2 tablespoons olive oil  
 ¼ teaspoon crumbled dried oregano  
 ⅛ teaspoon garlic powder  
**Salt and pepper**  
 ¼ cup sliced black olives

Cook beans in boiling salted water according to package directions; drain well.

Meanwhile, combine lemon juice, oil, seasonings, and olives in small saucepan; heat through. Pour over cooked beans; toss well. Serve immediately. Yield 4 servings.

## soybeans polynesian

1 green sweet pepper, seeded, cut into ½-inch chunks  
 1 red sweet pepper, seeded, cut into ½-inch chunks  
 1 tablespoon vegetable oil  
 1 (8-ounce) can pineapple chunks, drained; reserve juice  
 1½ cups cooked soybeans  
**Juice from pineapple chunks**  
 ¼ cup catsup  
 2 teaspoons cider vinegar  
 1 tablespoon soy sauce  
 2 tablespoons brown sugar  
 ¼ teaspoon salt (optional)

Sauté peppers in oil 2 to 3 minutes; remove from heat. Add pineapple and soybeans.

Combine pineapple juice, catsup, vinegar, soy sauce, brown sugar, and salt; pour over soybean mixture. Cook, stirring, over medium-high heat until mixture thickens somewhat and coats ingredients, about 5 to 8 minutes. Serve with rice.

For added flavor, prepare this dish several hours before the meal. Refrigerate while soybeans “marinate” in sauce. Reheat; serve. Yield 3 to 4 servings.

## spiced green beans

2 (1-pound) cans whole green beans

**lemon butter**  
 ¼ cup butter  
 2 tablespoons lemon juice  
 ½ teaspoon salt  
 ½ teaspoon dried basil  
 2 teaspoons dried parsley flakes

Drain beans. Bring drained liquid to boil in saucepan large enough to hold beans horizontally when re-added to liquid. When liquid comes to boil, reduce heat to simmer. Add beans; simmer 4 minutes or until heated. Do not boil. Drain beans; reserve liquid for soup stock.

Prepare Lemon Butter. Melt butter. Stir in lemon juice, spices, and parsley flakes.

Arrange beans on serving platter; coat with Lemon Butter. Serve immediately. Yield 6 servings.

## string beans amandine

1 pound green beans  
 ⅓ cup butter or margarine  
 ½ cup slivered almonds

**Salt and white pepper**

Wash beans well; snip off ends. Cut into 1½-inch pieces. Boil 15 to 18 minutes in small amount of boiling salted water in covered pan. Beans should be just tender; drain well.

Heat butter in saucepan; add almonds. Cook until butter is light brown; take care butter does not burn. Toss beans with almond butter; season with salt and pepper. Yield 4 servings.

## string beans vinaigrette

½ cup salad oil  
 5 tablespoons vinegar  
 ½ tablespoon powdered sugar  
 1 tablespoon chopped sweet pickles  
 2 onions, chopped  
 2 tablespoons chopped parsley  
 8 small Italian green peppers  
 2 packages frozen, cooked French-style green beans

Mix all ingredients except beans. Pour over beans; chill several hours. Yield 4 to 6 servings.

## winter bean sprouts

1 tablespoon butter or margarine  
 2 medium onions, sliced in rings  
 2 cups bean sprouts, 1 (1-pound) can, drained  
 ½ teaspoon salt  
 1 teaspoon soy sauce (optional)  
 1 teaspoon lemon juice

Melt butter in medium skillet; lightly tan onions. Add rest of ingredients; stir to blend flavors. Cover skillet; simmer 1 minute. Serve at once. Yield 4 to 6 servings.

# BEETS

## beet baskets

6 large beets  
 1 cup chopped cooked spinach  
 1 hard-boiled egg, chopped  
 1 slice bacon, diced  
 1 tablespoon chopped onion  
 1 teaspoon salt  
 ¼ teaspoon pepper  
 1 tablespoon butter  
**Parsley**

Boil beets 1 to 2 hours. Scoop out centers to form baskets. Chop centers; mix with spinach and egg.

Broil bacon; add to mixture. Add onion, salt, pepper, and butter; heap mixture into beet

## VEGETABLES • BEETS

baskets. Garnish with parsley. Serve hot. Yield 6 servings.

### beets with orange sauce

- ¼ cup sugar
- ¾ teaspoon salt
- 2 tablespoons cornstarch
- ¾ cup orange juice
- 2 tablespoons lemon juice
- 1 tablespoon butter or margarine
- 3 cups beets, cooked or canned, sliced, drained

Mix sugar, salt, and cornstarch well. Stir in orange juice. Cook until thickened; stir constantly. Remove from heat; stir in lemon juice and butter. Pour sauce over beets; stir carefully. Heat; serve. Yield 6 servings.

### grilled beets with lemon dill butter

- 8 medium whole fresh beets
- 3 teaspoons butter or margarine
- 1 tablespoon fresh lemon juice
- 1½ teaspoons chopped fresh dill

Cut off beet tops; peel beets. Place on large piece of aluminum foil; fold foil to form envelope. Add butter, lemon juice, and dill; seal edges of foil to form packet. Place on grill over hot coals; cook, turning frequently, 45 minutes or until beets are tender. Yield 4 servings.

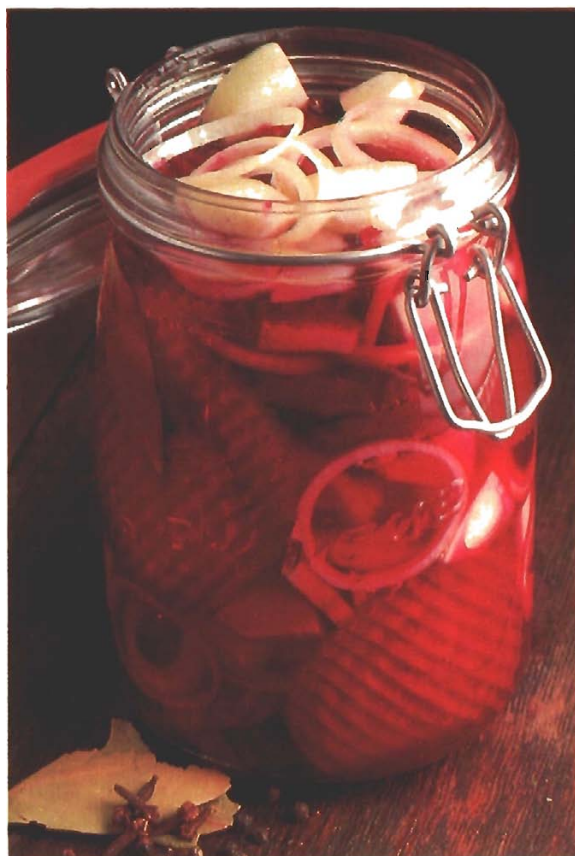
### harvard beets

- 3 tablespoons cornstarch
- ⅓ cup sugar
- ¾ teaspoon salt
- 1½ cups beet liquid (or beet liquid plus water)
- 2 tablespoons vinegar
- 1½ tablespoons butter or margarine
- 3 cups sliced cooked or canned beets

Mix cornstarch, sugar, and salt; blend in beet liquid, vinegar, and butter. Cook over moderate heat, stirring constantly, until thickened. Add beets; let stand 10 minutes, if desired, to blend flavors. Heat to serving temperature. Yield 6 servings.

### pickled beets

- 3 pounds beets
- 1 pint vinegar
- ½ cup sugar
- 1 large stick cinnamon
- 1 teaspoon whole allspice
- 6 whole cloves
- 1 bay leaf
- Sliced onions



*pickled beets*

Cook beets until tender. Allow 45 to 60 minutes for young beets, more for older variety. Skin when cool enough. Slice; set aside.

In saucepan combine vinegar, sugar, and spices (put into cheesecloth bag); bring to boil. Add beets; boil 10 minutes. Discard spice bag. Add onion; fill jars. Store in refrigerator.

## BROCCOLI

### braised broccoli

- 1 bunch broccoli
- 3 tablespoons oil
- 2 chopped scallions
- 2 tablespoons soy sauce
- 1 tablespoon gin
- 1 teaspoon sugar
- ¼ teaspoon seasoned salt
- ¼ cup boiling water

Remove tough ends of broccoli; cut broccoli into thick lengthwise slices.

Heat oil in skillet; sauté scallions and broccoli. Cover; cook 5 minutes over low heat. Yield 4 servings.



## broccoli ring

- 2 envelopes gelatin
- ½ cup cold water
- 2 packages frozen broccoli, chopped
- 2 hard-boiled eggs, chopped
- 1 cup mayonnaise
- 1 can beef consommé
- 3 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- ¼ teaspoon Tabasco sauce

Soak gelatin in cold water.

Cook broccoli according to package directions; cool. Drain; chop fine. Add hard-boiled eggs and mayonnaise.

Dissolve softened gelatin in heated consommé. Add seasonings; blend well. Let cool before stirring in broccoli mixture. Pour into oiled ring mold; chill until firm. Yield 6 to 8 servings.



*broccoli spears with hollandaise sauce*

## broccoli spears with hollandaise sauce

- 1 bunch fresh broccoli
- ½ teaspoon salt
- 1 recipe Hollandaise Sauce (see Index)

Cut all but smallest curly leaves away from small heads; cut stems ½-inch long. Cook in small amount of boiling salted water about 12 minutes, until tender; drain well. Place in serving dish; cover with Hollandaise Sauce or serve sauce separately. Yield 4 servings.

## creamy tuna-topped broccoli

- 1 bunch fresh broccoli
- 4 tablespoons butter or margarine
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- 2 tablespoons flour
- 1½ cups milk
- 1 teaspoon Worcestershire sauce
- ½ cup shredded processed American cheese
- 2 (6½- or 7-ounce) cans tuna, drained, flaked

Wash broccoli; remove large leaves and tough part of stalks. Cut stalks lengthwise into quarters. Place in large saucepan with 1-inch boiling, salted water; cover. Cook 10 to 12 minutes, until crisp-tender; drain well. Reserve cooking water.

Melt butter in large saucepan over medium heat; sauté celery and onion until soft. Stir in flour; blend well.

Combine reserved cooking water and milk; gradually stir into saucepan. Cook, stirring, until mixture is slightly thickened and comes to boiling. Add Worcestershire sauce and cheese; stir until cheese is melted. Stir in tuna; heat through. Serve hot over cooked broccoli. Yield 4 servings.

## paprika-buttered broccoli

- 1 cup water
- 1 teaspoon salt
- 2 (10-ounce) packages frozen whole broccoli

### *paprika butter*

- ¼ cup butter
- ½ teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon paprika

Bring water to rapid boil in saucepan. Add salt and broccoli; boil 15 minutes or until broccoli is fork-tender but not mushy. Drain immediately.

Make Paprika Butter. Melt butter; stir in salt, pepper, and paprika.

Arrange broccoli on serving platter; pour Paprika Butter over. Serve immediately. Yield 6 servings.

## sautéed broccoli

- 1 pound fresh young broccoli
- Boiling salted water
- 3 tablespoons olive oil
- 1 clove garlic, peeled, chopped
- Salt and pepper to taste

Cut off dry woody stems of broccoli; trim all discolored parts and dead leaves. Separate into small spears; peel stalks with vegetable peeler. Cook 3 to 5 minutes in 1-inch boiling salted water.

## VEGETABLES • BRUSSELS SPROUTS

until crisp but tender; drain well.

Heat oil in large skillet over moderate heat. Sauté garlic until lightly browned. Add broccoli; sauté, stirring constantly, 5 minutes. Add salt and pepper. Serve topped with oil from pan. Yield 4 servings.

## BRUSSELS SPROUTS

### brussels sprouts in beer

**1 pound fresh brussels sprouts**

**Beer (enough to cover sprouts)**

**½ teaspoon salt**

**2 tablespoons butter**

Trim and wash sprouts; place in medium-size saucepan. Pour over enough beer to cover; bring to boil. Reduce heat; simmer 10 minutes or until tender. Add more beer, if needed, as liquid evaporates; drain. Add salt and butter. Serve hot. Yield 3 to 4 servings.

### brussels sprouts in celery sauce

**8 cups fresh brussels sprouts**

**2 teaspoons salt**

**1½ cups diced celery**

**6 tablespoons butter**

**6 tablespoons all-purpose flour**

**Milk**

**Dash of freshly ground pepper**

Remove and discard wilted leaves from sprouts; wash. Soak 10 minutes in cold, salted water. Cook in small amount of water 9 to 10 minutes, until tender; drain.

Pour 2¼ cups water into medium-size saucepan; bring to boil. Add 1 teaspoon salt and celery; cook 15 minutes. Drain; reserve liquid.

Melt butter in top of double boiler over boiling water; stir in flour with wooden spoon until smooth.

Combine reserved liquid with enough milk to measure 4 cups; stir into flour mixture gradually. Cook until smooth and thick; stir constantly. Add celery, remaining salt, and pepper.

Place sprouts in serving dish; pour sauce over. Yield 8 servings.

### brussels sprouts with cheese-noodle ring

**4 cups fresh brussels sprouts**

**1¼ teaspoons salt**



*brussels sprouts with cheese-noodle ring*

**3 tablespoons butter**

**⅛ teaspoon freshly ground pepper**

**Cheese-Noodle Ring**

Wash and trim sprouts; place in saucepan containing 1-inch boiling water. Add salt; bring to boil. Cook 5 minutes; cover. Reduce heat; simmer 10 minutes or until sprouts are crisp-tender; drain. Add butter and pepper; toss lightly until butter is melted. Spoon most of sprouts into center of Cheese-Noodle Ring; place remaining sprouts around ring. Yield 6 servings.

**cheese-noodle ring**

**1 pound wide noodles**

**3 tablespoons butter**

**2 cups grated cheddar cheese**

**2 teaspoons Worcestershire sauce**

Cook noodles in boiling, salted water until tender; drain. Add butter; toss until butter is melted. Pour into well-greased ring mold; place mold in pan of hot water. Bake in preheated 350°F oven 25 minutes. Unmold onto serving plate.

Melt cheese in double boiler; stir in Worcestershire sauce. Pour over noodle ring.

### brussels sprouts with parmesan cheese

**1½ pounds brussels sprouts**

**1 cup water**

**1 teaspoon salt**

**¼ teaspoon white pepper**



## BRUSSELS SPROUTS • VEGETABLES

**¼ cup butter, melted**  
**¼ cup Parmesan cheese**

Clean sprouts; remove all tough and bruised outer leaves. Cover with cold water; soak 30 minutes; drain.

In saucepan large enough to accommodate brussels sprouts, bring 1 cup water to rapid boil. Add salt and sprouts; cover. Cook 10 minutes or until fork-tender; drain.

Combine pepper and butter; pour over sprouts. Garnish with Parmesan cheese. Yield 4 servings.

### brussels sprouts in sour cream

**2 (10-ounce) packages frozen brussels sprouts**  
**¾ cup sour cream**  
**½ cup toasted slivered almonds**  
**¼ cup chopped pimiento**  
**1 teaspoon sugar**  
**½ teaspoon freshly ground pepper**  
**1 teaspoon salt**

Cook sprouts in ½ cup boiling, salted water 9 to 10 minutes or until crisp-tender; drain. Combine sprouts, and remaining ingredients in top of double boiler; toss lightly with fork. Place over hot water 7 minutes or until heated through. Turn into serving dish; serve hot. Yield about 6 servings.

### grilled brussels sprouts

**1 pint fresh brussels sprouts**  
**Melted butter**  
**Lemon juice**  
**Paprika**  
**Freshly ground pepper (optional)**

Cook sprouts 10 minutes or until just tender. Dip in mixture of melted butter and lemon juice; skewer. Sprinkle with paprika and pepper. Grill or put on hibachi only 2 or 3 minutes, until browned. Yield 4 servings.

## CABBAGE

### baked stuffed cabbage

**1 (2-pound) fresh green cabbage**  
**4 slices bacon**  
**1 tablespoon chopped fresh onion**  
**3 tablespoons all-purpose flour**  
**Salt and freshly ground pepper to taste**  
**1 cup milk**  
**1 cup shredded cheddar cheese**  
**2 tablespoons chopped pimiento-stuffed olives**

Hollow out center of cabbage; leave shell about ½-inch thick. Set shell aside; chop remaining cabbage coarsely.

*baked stuffed cabbage*



## VEGETABLES • CABBAGE

Fry bacon in skillet until crisp; remove from skillet. Drain on paper towels. Pour off all but 3 tablespoons drippings; add onion. Sauté until tender. Blend in flour; season with salt and pepper. Add milk gradually; cook, stirring constantly, until thickened. Stir in cheese until melted; remove from heat. Mix sauce with chopped cabbage; crumble bacon over top. Add olives; blend well.

Place cabbage shell on large piece of aluminum foil; spoon cheese mixture into shell. Wrap loosely; place on baking dish. Bake in preheated 350°F oven 30 minutes. Garnish with sliced olives before serving. Yield 6 servings.

### cabbage with bacon and dill

- 1 small head cabbage
- 6 slices bacon
- 1 small onion, finely sliced
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon dillweed

Wash, core, and slice cabbage; set aside to drain.

Fry bacon in large skillet until crisp; set aside.

Brown onion in bacon fat. Add salt, pepper, and dillweed. Gradually add drained cabbage; stir to blend flavors. Cover skillet; simmer on low heat. Cook until cabbage is tender, no more than 1 hour; add water if needed during cooking. When cabbage is tender, remove from pan to serving dish; garnish with bacon. Yield 4 or more servings.

### cabbage curry

- 2 tablespoons oil
- 1 teaspoon salt
- 2 teaspoons curry powder
- 1 clove garlic, crushed
- 1 pound (4 cups) green cabbage, grated
- Two 6-inch-long carrots, pared, coarsely grated
- 1 small onion, finely chopped (¼ to ½ cup)
- ¼ cup canned shredded coconut
- ¼ cup water

In 10-inch skillet over low heat stir together well oil, salt, curry powder, and garlic. Add vegetables; stir well to coat with oil mixture. Stir in coconut and water; cover. Simmer, stirring a few times, until there is no liquid and vegetables are tender-crisp, about 5 minutes. Be careful not to scorch; if necessary, add a tablespoon or two of water. Yield 4 to 6 servings.

### cabbage-leaf rolls

- 1 medium firm head cabbage
- 2 cups ground cooked ham

- 1 cup mashed carrots
- 1 cup mashed potatoes
- Salt and pepper to taste
- Basic Beef Stock (see Index)
- 1 egg, lightly beaten
- 5 tablespoons butter
- 1 medium onion, finely chopped
- Paprika
- 2 tablespoons cornstarch
- 2 tablespoons dry Madeira
- 1 (12-ounce) package green noodles
- 1 tablespoon crushed thyme
- Peeled tomato strips

Remove core from cabbage; cover with boiling water. Let stand until leaves are easily detached; remove 16 large leaves. Cut coarse section from base of each leaf.

Combine ham, carrots, potatoes, salt, pepper, 2 tablespoons stock, and egg; blend thoroughly.

*cabbage-leaf rolls*







*cabbage roll*

Shape into 8 rolls; place in center of 8 cabbage leaves. Overlap edges; tuck in top and bottom edges. Place, fold-side-down, on remaining cabbage leaves; repeat procedure, securing rolls with string. Steam 45 minutes.

Melt 2 tablespoons butter in skillet; sauté onion until tender but not browned. Sprinkle with paprika; stir in  $1\frac{3}{4}$  cups stock.

Dissolve cornstarch in  $\frac{1}{4}$  cup stock; add to onion mixture. Cook, stirring constantly, until thickened. Stir in 1 tablespoon butter and Madeira.

Prepare noodles according to package instructions; drain well.

Melt remaining butter in saucepan; stir in noodles and thyme. Toss to coat well; place in shallow, heated serving dish. Top with cabbage rolls; garnish with tomatoes as shown in illustration. Spoon small amount of sauce over cabbage rolls; serve with remaining sauce.

An equal amount of ground, cooked beef can be substituted for ham, if desired. Yield 8 servings.

## **cabbage roll**

**1 medium head white cabbage**  
**1 large Spanish onion**  
**1 pound lean ground beef**  
**1 teaspoon Worcestershire sauce**  
 **$\frac{1}{2}$  teaspoon paprika**  
 **$\frac{1}{8}$  teaspoon tarragon leaves**  
 **$\frac{1}{8}$  teaspoon rosemary**  
 **$\frac{1}{8}$  teaspoon thyme**  
**2 garlic cloves, pressed**  
**1 egg**  
 **$\frac{1}{2}$  cup tomato puree**  
**1 cup soft bread crumbs**

**$1\frac{1}{2}$  teaspoons salt**

**$\frac{1}{4}$  teaspoon freshly ground pepper**

**Melted butter**

Immerse cabbage in boiling water in large kettle. Boil 5 minutes; turn several times. Plunge into ice water; peel off limp outer leaves. Repeat process; drain leaves. Chop enough remaining firm cabbage to measure 2 cups; place in large bowl.

Peel and grate onion; add to cabbage. Add ground beef, Worcestershire sauce, paprika, tarragon, rosemary, thyme, garlic, egg, tomato puree, crumbs, salt, and pepper; blend thoroughly.

Place long sheet of wide aluminum foil on working surface; cover with buttered waxed paper. Arrange cabbage leaves in  $14 \times 9$ -inch rectangle on waxed paper.

Shape beef mixture into roll about 12-inches long; place in center of cabbage leaves. Bring leaves up around beef roll; fit over each end. Brush with melted butter. Fit waxed paper around roll; wrap with foil. Fold up ends to seal; tie in center and about 3-inches from ends with string. Place in large oval roaster; add enough boiling water to almost cover cabbage. Cover roaster. Simmer  $1\frac{1}{2}$  hours; remove roll from roaster with tongs. Open one end of foil; pour off liquid. Remove string and foil; remove waxed paper carefully. Slide onto long, narrow serving dish; garnish with shreds of green onion, onion rings, and pimiento, as shown in illustration. Length of roll can be varied according to available cooking pans. Yield about 10 servings.

## **fried cabbage**

**3 small cabbages**  
**Pepper**  
**1 cup flour**  
**2 eggs, beaten**  
 **$1\frac{1}{2}$  cups bread crumbs**  
**2 cups oil**



## VEGETABLES • CABBAGE

Halve cabbages; cut out cores. Cook 20 minutes in salted water; squeeze dry. Flatten out; season with pepper. Dip in flour, eggs, then bread crumbs. Fry in oil until brown. Yield 6 to 8 servings.

### red cabbage

1 large head red cabbage  
2 tablespoons bacon fat or oil  
½ cup red wine  
3 tablespoons red currant jelly  
1 teaspoon salt  
Dash of white pepper  
Pinch of powdered cloves  
1 tablespoon sugar

Wash, shred, and drain cabbage.

*red cabbage*

Heat bacon fat in large pot. Add cabbage; heat 5 minutes. Add remaining ingredients; mix very well. Stir a few minutes, until all flavors are absorbed; cover. Cook over low heat 25 minutes; serve hot. Yield 6 to 8 servings.

### rice-stuffed cabbage rolls with melted butter

1 head cabbage  
1 cup long-grain rice  
1 tablespoon butter  
1 tablespoon paprika  
¼ cup currants  
2 tablespoons finely chopped parsley  
Melted butter







*westphalian cabbage*

Place cabbage in steamer; steam  $1\frac{1}{2}$  hours or until tender.

Cook rice in 3 cups boiling salted water 18 minutes or until tender; drain. Combine rice, butter, paprika, currants, and parsley; stir until butter is melted.

Remove cabbage from steamer; plunge into cold water to loosen leaves. Cut out hard core; separate leaves. Place about 1 tablespoon rice mixture in each leaf. Overlap sides; roll up. Place rolls on serving platter; pour melted butter over. Serve immediately. Yield 6 to 8 servings.

## skillet cabbage

- 2 tablespoons vegetable oil
- 3 cups finely shredded cabbage
- 1 cup chopped celery
- 1 small green pepper, chopped
- 1 small onion, chopped
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon pepper

Heat oil in large frypan about 20 minutes before serving time; add ingredients. Cook over medium to low heat about 15 minutes; stir often. Cover pan during last 5 minutes of cooking time; stir once or twice. Serve immediately. (Vegetables will be crisp.) Yield 4 servings.

## sour cabbage

- 1 head cabbage
- 2 tablespoons butter
- 2 tablespoons flour

- 1 teaspoon salt
- 1 teaspoon caraway seeds
- 2 cups water
- 2 tablespoons vinegar
- 2 tablespoons sugar
- $\frac{1}{4}$  cup wine (optional)

Shred cabbage into large pot; add all ingredients, except wine, as listed. Cook over very low heat at least 2 hours; add more water if needed. Just before serving, add wine; mix thoroughly. Yield 4 to 6 servings.

## stuffed cabbage

- 1 large head cabbage
- 1 pound ground chuck
- 1 grated onion
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- 2  $\frac{1}{2}$  cups canned tomatoes
- Juice of 2 lemons
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{3}{4}$  cups brown sugar

Remove large leaves from cabbage; let boiling water stand on leaves a few minutes so they become easy to roll.

Combine meat, onion, salt, and pepper; place mound of meat mixture in cup part of each leaf. Loosely fold over sides of each leaf; roll up.

In bottom of Dutch oven place a few remaining cabbage leaves. Arrange layers of stuffed cabbage, seam-sides-down.

## VEGETABLES • CABBAGE

Mix tomatoes, lemon juice, salt, and pepper in pan; bring to boil on top of range. Sprinkle with lemon; add brown sugar to taste. Bake in preheated 370°F oven, covered, 1 hour; uncover. Bake 2 hours. Yield 8 servings.

### westphalian cabbage

1 head cabbage, approximately 2 pounds  
3 tablespoons vegetable oil  
1 teaspoon salt  
1 teaspoon caraway seeds  
1 cup hot beef broth  
2 to 3 small tart apples  
1 tablespoon cornstarch  
2 tablespoons cold water  
3 tablespoons red wine vinegar  
¼ teaspoon sugar

Shred cabbage.

Heat oil in Dutch oven or heavy saucepan. Add cabbage; sauté 5 minutes. Season with salt and caraway seeds. Pour in broth; cover. Simmer over low heat about 15 minutes.

Meanwhile, peel, quarter, core, and cut apples into thin wedges. Add to cabbage; simmer 30 minutes.

Blend cornstarch with cold water. Add to cabbage; stir until thickened and bubbly. Season with vinegar and sugar just before serving. Yield 4 to 6 servings.

## SAUERKRAUT

### hungarian sauerkraut

1 (16-ounce) can sauerkraut  
¾ teaspoon caraway seeds  
3 slices diced bacon  
1 small onion, peeled, diced  
1 cup sliced smoked sausage  
2 teaspoons Hungarian sweet paprika  
2 sweet gherkin pickles, thinly sliced  
4 tablespoons sour cream

Combine sauerkraut and caraway in small saucepan; bring to boil. Cover; reduce heat to low. Cook 15 minutes.

Meanwhile sauté bacon in heavy skillet until crisp. Remove with slotted spoon.

Add onion and sausage to skillet; cook until lightly browned. Remove from heat; stir in paprika.

Drain sauerkraut; add to skillet. Add bacon and pickles; stir well. Cook over low heat 10 minutes. Serve topped with sour cream. Yield 4 servings.

### sauerkraut and apple

¼ cup butter or bacon fat  
2 tablespoons flour  
2½ cups sauerkraut  
¼ cup vinegar  
3 whole cloves  
2 tablespoons brown sugar  
1 large apple, finely chopped

Melt butter in pan. Add flour; stir until smooth. Add sauerkraut, vinegar, cloves, brown sugar, and ¼ cup water; cover. Simmer 20 minutes. Add apple just before serving. Yield 6 servings.

### scalloped sauerkraut and tomatoes

2½ cups stewed tomatoes  
Salt and pepper  
2 tablespoons butter  
2 cups bread crumbs  
2½ cups sauerkraut

Drain tomatoes; reserve liquid. Put tomatoes in greased baking dish; sprinkle with salt and pepper. Dot with butter; cover with layer of crumbs. Add layer of sauerkraut. Alternate sauerkraut, seasoning, and butter until all ingredients are used; have layer of buttered crumbs on top. Add tomato liquid. Bake in preheated 400°F oven 20 minutes. Yield 6 servings.

### sour-creamy sauerkraut

3 tablespoons butter, margarine, or oil  
1 onion, chopped  
1 pound sauerkraut, undrained  
½ teaspoon freshly ground black pepper  
Salt to taste  
4 tablespoons sour cream

Melt butter in medium skillet; lightly brown onion. Add sauerkraut; stir to mix. Cover; simmer 1 hour. Uncover; drain off liquid. Add pepper and salt if needed. Just before serving, stir in sour cream. Yield 4 to 6 servings.

### spareribs and sauerkraut

2 pounds spareribs  
1 teaspoon salt  
4 cups sauerkraut

Have spareribs divided into serving pieces. Wipe with cold, damp cloth; sprinkle with salt. Put in kettle; cover with cold water. Bring to boil; cover. Reduce heat; simmer 30 minutes. Add sauerkraut; bring to boil. Reduce heat; simmer, uncovered, 30 minutes. Serve hot. Yield 4 servings.



## CARROTS

### bacon carrots

- 1 (1-pound) bag small carrots**
- 1 cup boiling water**
- ½ teaspoon salt**
- 3 tablespoons butter**
- White pepper to taste**
- 4 slices bacon, crisply cooked, crumbled**

Cook carrots rapidly in covered saucepan with boiling water and salt until just tender-crisp; drain. Stir in butter and pepper, then bacon. Serve at once. Yield 6 servings.

### baked carrots

- 1 (1-pound) bag carrots, pared, coarsely shredded**
- ¾ cup blanched almonds, coarsely chopped**
- Butter**
- 4 large eggs**
- 1½ cups milk**
- 1¼ teaspoons salt**
- 1 teaspoon sugar**
- 1 tablespoon finely grated onion (pulp and juice)**

Steam carrots until very tender; drain. Spread over bottom of buttered 2-quart baking dish (11¼ × 7½ × 1¼ inches).

In 10-inch skillet, stirring constantly over moderate heat, brown almonds in butter.

Beat eggs, milk, salt, and sugar to blend. Stir in almonds and onion; pour over carrots. Place in roasting pan filled with enough hot water to come about as high as food in baking dish. Bake in preheated 325°F oven until knife inserted in center comes out clean, 30 to 35 minutes. Cut in squares; serve hot. Yield 8 servings.

### carrots in beer

- 4 large carrots**
- 1 tablespoon butter**
- 1 cup dark beer**
- ¼ teaspoon salt**
- 1 teaspoon sugar**

Peel carrots; slice into long, thin slices.

Melt butter in medium-size frypan; add beer and carrots. Cook slowly until tender; stir frequently. Stir in salt and sugar; cook 2 minutes. Serve hot. Yield 4 servings.

### carrot casserole

- 2 cups milk**
- 1 cup cooked rice**
- 1 tablespoon brown sugar**
- 1 teaspoon salt**
- 5 medium carrots, shredded**

**2 eggs**

**3 tablespoons butter**

**⅓ cup bread crumbs or wheat germ**

Combine milk, rice, sugar, salt, carrots, and eggs; pour into well-buttered casserole.

Melt butter in pan; stir in bread crumbs; sprinkle over casserole. Bake in preheated 375°F oven 40 minutes or until top is lightly browned. Yield 6 servings.

### carrots and grapes supreme

- 4 cups canned Belgium carrots, drained**
- ½ pound white grapes, rinsed**
- ¼ pound butter or margarine**
- ½ cup cointreau**

Drain carrots; rinse grapes. Place between paper towels until very dry.

Melt butter in medium-size skillet. Add cointreau, carrots, and grapes; simmer together 10 minutes. Yield 4 to 6 servings.

### carrots a l'orange

- 3 tablespoons frozen orange juice, undiluted**
- 2 tablespoons water**
- 2 tablespoons orange peel**
- 1 tablespoon flour**
- ¼ cup butter**

**3 cups sliced cooked carrots**

Put orange juice, water, and peel in double boiler over hot water. Cook 5 minutes; stir often. Blend in flour and butter; stir until mixture thickens. Add carrots; stir together until thoroughly heated. Yield 4 servings.

### carrot mold

- 12 carrots**
- ½ cup cream**
- ½ cup cracker crumbs**
- 3 tablespoons butter**
- 5 eggs, separated**
- Salt and pepper to taste**

Cook and mash carrots. Add cream, crumbs, butter, beaten egg yolks, salt, and pepper.

Beat egg whites stiff; fold into mixture. Place in buttered ring mold; set in hot water. Bake in preheated 350°F oven 30 minutes. Turn out mold; fill center with green vegetable for attractive dish. Yield 6 to 8 servings.

### carrots and raisins

- 2 tablespoons butter or margarine**
- 1½ pounds young carrots, scraped, cut into ¼-inch slices (try a diagonal slice—it's pretty)**



*creamed peppered carrots*

**1/3 cup water or dry white wine**

**1/2 teaspoon ground nutmeg**

**2/3 cup white raisins**

**3 teaspoons light brown sugar**

Melt butter in medium skillet. Add carrots, water, and nutmeg; cover. Cook over low heat 15 minutes. Stir in raisins and sugar; cook 5 minutes or until raisins are plump and carrots glazed. Yield 4 to 6 servings.

## carrot sticks

**6 medium carrots, peeled**

**1/3 cup finely chopped onion**

**1/3 tablespoon butter**

**1/4 teaspoon thyme**

**Salt and pepper to taste**

**1 tablespoon finely chopped parsley**

Cut carrots into 2-inch sticks or julienne-style; place in top of double boiler. Add onion, butter, thyme, and 1 tablespoon water; cover. Cook over boiling water 30 minutes or until crisp-tender. Season with salt and pepper. Turn into serving dish; sprinkle with parsley. Yield about 4 servings.

## creamed peppered carrots

**4 cups diced carrots**

**1/4 cup whipping cream**

**1/4 cup melted butter**

**Salt to taste**

**1 teaspoon freshly ground pepper**

Cook carrots in small amount salted water until tender; drain. Process carrots, cream, and butter in blender or food processor. (With blender, puree mixture in 4 lots.) Add salt and pepper to puree. Spoon into mound on heatproof serving dish; shape with tines of fork. Make well in center; pour additional cream into well. Serve immediately or reheat in 275°F oven if necessary. Yield 6 to 8 servings.

## glazed carrots

**10 to 12 small young carrots, washed, trimmed**

**2 tablespoons margarine**

**1 tablespoon brown sugar**

**2 tablespoons honey**

**2 tablespoons fresh mint**

Cook carrots in small amount boiling salted water 10 minutes. When tender, drain; set aside.

Melt margarine in medium skillet. Add sugar and honey; blend. Add carrots; cook 3 or 4 minutes over low heat, stirring so each carrot is glazed. Sprinkle with mint.

Substitute parsley for fresh mint, if preferred. Yield 4 to 6 servings.

## sweet-and-sour carrots

**2 tablespoons vegetable oil**

**1 slice fresh gingerroot**

**1 pound carrots, cleaned, roll-cut into 1-inch pieces**





*glazed carrots*



## VEGETABLES • CAULIFLOWER

- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup chicken broth
- 1 tablespoon vinegar
- $\frac{1}{2}$  tablespoon brown sugar
- 2 teaspoons cornstarch in 2 tablespoons cold water
- $\frac{1}{2}$  cup canned pineapple chunks (optional)

Heat oil in wok or skillet. Brown and discard ginger slice. Stir-fry carrots 1 minute. Add salt and broth; cover. Steam over moderate heat 5 minutes. Stir in vinegar, brown sugar, cornstarch mixture, and pineapple chunks; heat until sauce thickens. Serve at once. Yield 4 servings.

## CAULIFLOWER

### cauliflower with mornay sauce

- 1 large head cauliflower
- Freshly grated bread crumbs
- $\frac{1}{3}$  cup melted butter
- 1 recipe Mornay Sauce (see Index)

*cauliflower with mornay sauce*

Wash; trim cauliflower; separate into florets. Place in vegetable steamer; steam until tender. Arrange around edge of baking dish; sprinkle liberally with bread crumbs. Drizzle butter over crumbs; spoon Mornay Sauce into center of baking dish. Broil until crumbs are lightly browned. Yield 4 to 6 servings.

### cauliflower oregano

- 1 large head cauliflower or 2 (9-ounce) packages frozen cauliflower
- $\frac{1}{4}$  cup lemon juice
- $\frac{1}{4}$  cup olive oil
- 1 tablespoon chopped parsley
- $\frac{1}{2}$  teaspoon dried oregano
- $\frac{1}{2}$  teaspoon salt

Clean fresh cauliflower; break into florets. Cook in boiling salted water 10 minutes or until just tender. (Cook frozen cauliflower according to package directions.)

Meanwhile, combine remaining ingredients.





Drain cauliflower; place in serving dish. Top with dressing; serve hot. Yield 4 servings.

*variation*

Substitute 1 large bunch broccoli or 2 (9-ounce) packages frozen broccoli for cauliflower.

## cauliflower polish-style

- 2 hard-cooked egg yolks**
- 1 teaspoon dried parsley flakes**
- 2 tablespoons sour cream**
- ¼ teaspoon white pepper**
- 1 head cauliflower**
- 1 teaspoon salt**
- ¼ cup butter**
- 3 tablespoons bread crumbs**

Mash egg yolks in small bowl. Add parsley, sour cream, and white pepper; blend. Set aside.

Wash cauliflower head; remove outside leaves. Cover bottom of pan large enough to accommodate cauliflower with 1 to 2-inches of water; add salt. Bring to rapid boil. Add cauliflower; cover. Boil 25 minutes or until fork-tender; drain immediately.

Melt butter; stir in bread crumbs. Pour buttered crumbs over cauliflower; garnish with egg-yolk mixture. Yield 8 servings.



*cauliflower polish-style*

## cauliflower with tomato sauce

- 1 medium-size head cauliflower, trimmed of outer green leaves**
- 6 cups water**
- 2 teaspoons salt**

*tomato sauce*

- 3 tablespoons olive oil**
- 2 chopped shallots, or ¼ cup chopped onion**
- ¼ cup finely chopped ham**
- ¼ cup canned sliced mushrooms**
- 1½ tablespoons flour**

- ¾ cup hot chicken broth**
- 2 tablespoons tomato paste**
- ¼ cup white wine**
- ¼ cup chopped parsley**
- Salt and pepper to taste**

Make deep X-shaped cut in base of cauliflower; place on vegetable steamer rack.

Combine water and salt in large heavy kettle; bring to boil. Lower rack into kettle; cover tightly. Cook 20 minutes; cauliflower should be crisp but tender; drain.

Meanwhile, make sauce. Heat oil in saucepan; sauté shallots in oil until lightly browned. Add ham and mushrooms; sauté 2 minutes. Remove onion, ham, and mushrooms with slotted spoon. Add flour to oil in saucepan; cook until bubbly.

Combine broth and tomato paste; add to saucepan, stirring well. Add wine, reserved ingredients, parsley, salt, and pepper. Serve hot over cauliflower. Yield 6 servings.

## cauliflower with water chestnuts and mushrooms

- 1 small cauliflower**
- 2 tablespoons oil**
- 8 mushrooms, sliced**
- 1 cup hot chicken broth**
- ¼ cup sliced water chestnuts**
- 2 tablespoons soy sauce**
- Salt to taste**

- 1 tablespoon cornstarch mixed with cold water**

Trim and wash cauliflower; break into florets. If large, slice florets.

Heat oil in pan; gently sauté cauliflower. Add mushrooms; sauté about 30 seconds. Add broth, water chestnuts, soy sauce, and salt. Bring to boil; cover. Simmer until cauliflower is tender but still crunchy.

Mix cornstarch with enough cold water to make smooth paste. Slowly add to cauliflower mixture, stir constantly until thickened. Yield 4 servings.

## crisp-fried cauliflower with sour-cream sauce

- 1 medium head cauliflower (approximately 1½-pounds)**
- Boiling salted water**
- 2 eggs**
- 2 tablespoons milk**
- ¾ cup dry bread crumbs**
- 2 tablespoons grated Parmesan cheese**
- Oil for deep frying**

Clean cauliflower; wash well. Separate into florets. Cook in large saucepan of boiling salted

## VEGETABLES • CAULIFLOWER

water until crisp-tender (12 to 15 minutes); drain well. Pat dry on paper towels.

Beat eggs and milk together in shallow bowl.

Combine bread crumbs and cheese on sheet of waxed paper; mix well.

Dip cauliflower in egg mixture; then in crumbs; coat well.

Heat several inches oil in deep-fat fryer or heavy kettle to 365°F. Cook cauliflower, few pieces at a time; in hot fat until golden. Remove with slotted spoon; drain on absorbent paper. Keep hot while cooking remaining cauliflower. Yield 4 servings.

### *sour-cream sauce*

**1 (1.25-ounce) package sour-cream-sauce mix**

**½ cup milk**

**1 tablespoon chopped parsley**

**½ teaspoon lemon juice**

**½ teaspoon Hungarian sweet paprika**

**¼ teaspoon Worcestershire sauce**

**Salt and pepper**

Combine ingredients in small saucepan; mix well. Cook over very low heat, stirring constantly, until heated through. Serve over cauliflower.

## dill-fried cauliflower

**1 head cauliflower**

**½ cup bread crumbs mixed with 1 teaspoon salt,**

**1 teaspoon dillweed, and ¼ teaspoon pepper**

**2 eggs, beaten**

**4 tablespoons oil or rendered chicken fat**

Cook cauliflower in salted water just 10 minutes; drain. Cool; separate into florets. Dip each piece into crumbs, then in eggs; return to crumb mixture.

Heat oil in medium skillet; cook florets until golden brown. Drain on paper towels; sprinkle with more salt and pepper if desired. Yield 4 to 6 servings.

## pickled cauliflower

**2 quarts water**

**1 quart cider vinegar**

**½ cup noniodized salt**

**4 to 5 large heads cauliflower**

**1 tablespoon garlic powder**

**12 garlic cloves, peeled**

**24 dry red peppers**

**12 dill sprigs, dried**

Combine water, vinegar, and salt in large saucepan; bring to boil.

Clean cauliflower; break into florets. Soak in ice-cold water.\*

Sterilize 12 pint jars. Put ¼ teaspoon garlic powder, 1 garlic clove, 2 peppers, and 1 dill sprig in each jar. Fill each jar with cauliflower; cover to within ½-inch from top of jar with boiling vinegar

mixture. Adjust lids. Process in boiling-water bath 15 minutes. Remove jars; cool slowly. Immediately use or reprocess jars that do not seal. Yield 12 pints.

\* Cauliflower is soaked in ice-cold water to retain its crispness when covered with hot vinegar solution.

## puffed cauliflower cheese

**1 medium head cauliflower**

**¼ cup butter or margarine**

**2 tablespoons flour**

**1 cup milk, or milk and water in which cauliflower has been cooked**

**Salt and pepper**

**¼ cup fine white bread crumbs**

**3 eggs (separated)**

**1 cup grated cheese**

Wash cauliflower; remove stalk end. Cut into quarters; remove hard stalk. Divide into florets; cook in boiling salted water until tender; drain.

Heat butter in pan. Add flour; stir over low heat 2 minutes. Remove from heat. Add milk gradually; stir until smooth. Return to heat; stir until boiling. Add salt and pepper and most of bread crumbs. Stir in egg yolks, cheese, and cauliflower; adjust seasoning to taste.

Beat egg whites until stiff; fold into mixture. Put into greased ovenproof dish; sprinkle with remaining crumbs. Bake in preheated 400°F oven about 30 minutes, until well risen and brown. Yield 4 servings.

## CELERY

### braised celery

**1 bunch celery**

**½ teaspoon salt**

**¼ teaspoon pepper**

**2 tablespoons butter or margarine**

**1 chicken bouillon cube dissolved in 1 cup boiling water**

**1 tablespoon finely chopped parsley**

Remove green leaves from celery; cut stalks into 4-inch lengths. Arrange stalks in bottom of small pan or heatproof casserole; season with salt and pepper. Dot with butter; pour bouillon over celery. Bring liquid to boil; cover. Simmer 30 minutes or until celery is tender. Place on heated serving dish; sprinkle with parsley. Yield 4 servings.

### creamed celery with pecans

**4 cups ½-inch pieces diagonally cut celery**

**1 can cream of celery soup**

**1 teaspoon salt**





*puffed cauliflower cheese*

**¾ cup pecan halves**

**Buttered bread crumbs**

Place celery in greased casserole; add undiluted soup. Sprinkle with salt; sprinkle with pecans. Cover with crumbs. Bake in preheated 400°F oven 20 minutes. Yield 4 to 6 servings.

## **sweet-and-sour celery**

**1 bunch fresh celery**

**4 slices bacon**

**1 small onion, sliced into rings**

**¼ cup white vinegar**

**1 tablespoon sugar**

**¼ teaspoon salt**

**¼ teaspoon white pepper**

Wash and trim celery; cut stalks into 1-inch diagonal pieces.

Fry bacon in large frypan until crisp; drain on paper towels. Drain fat except 2 tablespoons. Add celery and onion to hot fat; sauté 6 to 8 minutes, stirring often. Reduce heat; cover. Cook 10 to 12 minutes or until vegetables are just tender. Stir in vinegar, sugar, salt, and pepper; heat through. Place in serving dish; crumble bacon over top. Yield 6 servings.

## **CORN**

### **barbecued corn on the cob**

Remove husk and silk from corn; spread generously with softened butter. Sprinkle with salt and pepper; wrap each cob in double thickness of



*barbecued corn on the cob*

foil, or use heavy-duty foil. Twist ends to seal. Place on barbecue grid over hot coals. Cook about 20 minutes; turn frequently. Yield as desired.

## confetti corn

**6 ears corn**

**¼ cup butter**

**¼ cup chopped green sweet pepper**

**¼ cup chopped red sweet pepper**

**1 tablespoon finely chopped fresh parsley**

Remove husks and silks from corn. Cook in boiling water 8 to 10 minutes, until tender; drain. Cool until easily handled; cut kernels from cobs.

Melt butter in saucepan; add peppers and parsley. Cook over low heat; stirring constantly, until peppers are tender. Stir in corn; and heat through. Yield 6 servings.

## corn pudding

**1½ cups fresh corn**

**2 eggs, beaten**

**1 tablespoon melted shortening**

**1⅓ cups milk**

**¼ teaspoon salt**

**Dash of white pepper**

Combine all ingredients; pour into greased casserole. Place casserole in pan of hot water in oven. Bake in preheated 350°F oven about 50 minutes. Yield 4 to 6 servings.

## fresh corn on the cob

**6 ears corn**

**Melted butter**

**Salt and pepper to taste**

Husk corn; remove silks. Rinse each ear under cold running water; rub with hands or brush to remove remaining silks. Cut off stems as close as possible to cobs.

Fill kettle ¾ full with water; bring to boil. Add corn, one ear at a time; bring water back to boil. Reduce heat; cover. Simmer 8 to 10 minutes or until corn is tender; drain. Brush with butter; sprinkle with salt and pepper. Force a round, wooden toothpick or corn holders into ends of each ear of corn to serve.

Corn can be placed in baking pan after butter, salt, and pepper have been added, then broiled until lightly browned. Do not place toothpicks or holders in the ends of corn until after broiling. Yield 6 servings.

## fresh southern corn pudding

**2 cups fresh corn, cut from cob**

**2 teaspoons sugar**

**1½ teaspoons salt**

**⅛ teaspoon pepper**

**3 eggs, lightly beaten**

**2 tablespoons butter**

**2 cups milk**





*ranchero corn*

Combine corn, sugar, salt, and pepper in bowl. Add eggs; mix well.

Place butter and milk in saucepan; heat until butter is melted. Blend with corn mixture. Turn into greased 1-quart casserole; place casserole in pan of hot water. Bake in preheated 350°F oven 1 hour or until knife inserted in center comes out clean. Garnish with fresh parsley. Yield 6 servings.

## **mexican corn**

- 2 tablespoons vegetable oil**
- ½ cup chopped green pepper**
- ¼ cup chopped red pepper**
- ½ fresh hot pepper, finely minced**
- 1 (16½-ounce) can whole-kernel corn, drained**
- ½ cup chopped well-drained canned tomatoes**
- ½ teaspoon salt**
- ¼ teaspoon pepper**

Heat oil in medium saucepan. Sauté peppers over medium heat 5 minutes. Add corn, tomatoes, salt, and pepper; heat through. Yield 4 servings.

## **ranchero corn**

- 6 slices bacon, diced**
- 1 (4½-ounce) jar sliced mushrooms, drained**

*fresh southern corn pudding*



- 2 tablespoons finely chopped onion**
- 2 (12-ounce) cans vacuum-packed golden whole-kernel corn with sweet peppers, drained**
- ¾ cup grated cheddar cheese**

Fry bacon in skillet over medium heat until cooked but not brown; drain off excess fat. Stir in mushrooms and onion; sauté until onion is tender. Blend in corn; heat through. Sprinkle with cheese; heat, without stirring, until cheese is melted. Yield 6 servings.

## **CUCUMBERS**

### **baked cucumbers**

- 3 good-size cucumbers**
- 1½ tablespoons chopped onion**
- 3 tablespoons butter**
- ¾ cup fine dry bread crumbs**
- ½ teaspoon salt**
- 1½ teaspoons finely chopped parsley**
- 1 tablespoon chopped celery**
- 1 cup tomatoes cut into pieces**

Wash cucumbers; cut in half lengthwise. Scoop out as much pulp as possible without breaking skin.

Brown onion in butter; add other ingredients mixed with cucumber pulp. Stirring constantly, cook 5 minutes or until dry. Place filling in cucumber shells. Bake in preheated 375°F oven until shells are soft and mixture is brown on top. Yield 6 servings.

### **cucumbers in dill**

- 4 cucumbers**
- 1 cup boiling water**
- ¾ cup sour cream**
- ¼ cup lemon juice**
- 3 tablespoons minced dill**
- 1½ teaspoons salt**
- ⅛ teaspoon pepper**
- 1 teaspoon sugar**



*cucumbers in sour cream*

Peel cucumbers; slice very thin. Pour boiling water over; let stand 5 minutes; drain. Plunge into ice water; drain.

Mix together remaining ingredients; pour over cucumbers, tossing until well mixed. Chill 30 minutes before serving. Yield 6 to 8 servings.

## cucumbers in sour cream

**4 cucumbers, garden-fresh**  
**1 cup sour cream with chives**  
**1 small bunch leaf lettuce, cleaned**  
**1 tablespoon parsley**

Wash cucumbers thoroughly; slice into small wedges.

Combine sour cream and cucumbers; mix to coat cucumbers.

Arrange lettuce leaves in salad bowls; pour ½ cup cucumber mixture on lettuce bed. Garnish with parsley. Yield 4 servings.

## sweet-and-sour cucumbers

**4 medium-size cucumbers**  
**2 teaspoons salt**  
**½ cup half-and-half cream**  
**2 tablespoons cider vinegar**  
**2 tablespoons granulated sugar**

Peel cucumbers. Using potato peeler or food processor, slice paper-thin. Sprinkle salt over cucumbers; squeeze with hands to remove juice. After juice has formed, let cucumbers set in juice at room temperature 1 hour. Add cream, vinegar, and sugar; mix well; chill. Yield 4 servings.

## EGGPLANT

### breaded fried eggplant sticks

**1 eggplant, peeled**  
**1 egg, beaten**  
**½ cup flour**  
**¼ cup cornstarch**  
**1 teaspoon salt**  
**½ teaspoon pepper**

**Oil for frying**

Cut eggplant into sticks about ¾-inch thick and 3 to 4-inches long.

Dip in beaten egg.

Mix flour, cornstarch, salt, and pepper; roll eggplant in mixture to coat.

Heat about 1-inch of oil in skillet; fry eggplant until golden, turning often. Remove; drain on absorbent paper. Serve with catsup. Yield 2 to 4 servings.

## eggplant lasagna

**2 quarts water (with 1 teaspoon salt)**

**1 teaspoon cooking oil**  
**½ pound lasagna noodles**  
**1 medium eggplant**  
**1 (6-ounce) can tomato paste**  
**1 cup red wine**  
**½ cup hot water**  
**1 garlic clove, crushed**  
**1 teaspoon crumbled dried basil**  
**1 teaspoon ground turmeric**  
**Salt and pepper**  
**2 cups chopped green pepper**  
**10 black olives, pitted, chopped**  
**½ cup grated Parmesan cheese**

Heat salted water and oil to boiling. Cook noodles 12 to 15 minutes; drain. Arrange on platter.

Slice unpeeled eggplant crosswise into ¼-inch rounds; fry both sides in heated oil until tender. (They cook quickly and absorb considerable oil, which must be added constantly.) Drain on absorbent paper.

Combine tomato paste, wine, water, garlic, basil, turmeric, salt, and pepper to taste; simmer 5 minutes. Add green pepper and olives; cook 5 minutes.

Arrange layer of lasagna in buttered shallow baking dish. Cover with a layer of eggplant slices and several spoonfuls of sauce; sprinkle with cheese. Repeat until all ingredients are used. Bake in preheated 350°F oven 30 minutes. Yield 4 to 6 servings.

## eggplant parmigiana

**2 medium eggplants**  
**Salt water**  
**2 eggs**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**2 cans tomato sauce**  
**½ pound mozzarella cheese, thinly sliced**  
**¼ cup grated Parmesan cheese**

Peel eggplants; slice about ¼-inch thick. Cover with lightly salted water; soak about ½ hour; dry.

Season eggs with salt and pepper; beat lightly. Dip eggplant slices in mixture; fry both sides quickly in hot salad oil. Remove slices; drain on



paper towels. Arrange layers of eggplant, tomato sauce, mozzarella, and Parmesan in that order in 2-quart casserole. Bake in preheated 350°F oven, uncovered, about ½ hour. Yield 4 to 6 servings.

## **eggplant skillet deluxe**

**1 large eggplant (about 1-pound)**  
**1 cup sliced green onions with tops**  
**2 tablespoons butter or margarine**  
**1 (6-ounce) can minced clams with liquid**  
**3 cups cooked rice**  
**¼ teaspoon pepper**  
**½ teaspoon salt**  
**½ teaspoon poultry seasoning**

Peel eggplant; cut into ¾-inch cubes. Simmer in ½ cup water until tender; drain.

Sauté onions in butter until tender. Add eggplant and remaining ingredients; heat thoroughly, stirring occasionally. Top with grated Parmesan cheese, if desired. Yield 6 to 8 servings.

## **eggplant supreme**

**2 medium eggplant**  
**¼ cup salad oil**  
**1 small onion, sliced**  
**¼ cup green pepper strips**  
**1 clove garlic, minced**  
**2 tomatoes, cut into wedges**  
**1 teaspoon oregano**  
**1 teaspoon basil**  
**1 teaspoon salt**  
**Pepper to taste**  
**¼ cup parsley sprigs**

Cut eggplant in half lengthwise; scoop out pulp, leaving ½-inch shells. Dice pulp; set aside. Cook shells in boiling, salted water until just tender; drain. Place in baking dish, cut-side-up.

Heat oil in saucepan; add onion, green pepper, garlic, diced eggplant, tomatoes, oregano, basil, salt, and pepper. Cook about 3 minutes, until heated through; stir frequently. Spoon into eggplant shells; sprinkle with parsley. Bake in preheated 350°F oven 25 minutes. Yield 4 servings.

## **eggplant with tomatoes**

**1 large eggplant**  
**2 tablespoons butter**  
**1 cup whole-kernel corn**  
**4 tomatoes, quartered**  
**¼ cup bread crumbs**  
**½ teaspoon sugar**  
**1 teaspoon salt**  
**½ teaspoon pepper**  
**1 tablespoon grated cheese**

Pare eggplant; slice into ½-inch slices. Cook in boiling salted water 10 minutes (allow ½ teaspoon salt per quart of water); drain.

Butter casserole, arrange eggplant, corn, and tomatoes. Cover with crumbs, sugar, salt, and pepper. Bake 30 minutes in preheated 300°F oven. Sprinkle with cheese; place in oven until cheese melts. Yield 6 servings.

## **fried eggplant**

**1 eggplant**  
**¼ cup (about) flour**  
**Cooking oil**  
**Salt and pepper to taste**  
**Paprika**  
**Grated Parmesan cheese**

Peel eggplant; cut into ¼-inch slices. Spread out on board or platter; sprinkle with salt. Let sit 30 minutes to remove bitterness. Place in bowl; cover with cold water. Soak 10 minutes. Drain; pat dry.

Place flour in shallow bowl; stir in enough water to make consistency of light cream. Immerse each eggplant slice in batter; fry in 375°F oil until golden brown on each side. Season with salt and pepper. Sprinkle liberally with paprika and cheese. Yield 2 to 4 servings.

## **stuffed eggplant**

**3 medium eggplants**  
**1 medium onion, finely chopped**  
**1 clove garlic, crushed**  
**¼ cup oil**  
**½ pound mince**  
**1 tablespoon chopped parsley**  
**1 teaspoon salt**  
**¼ teaspoon white pepper**  
**¼ cup cooked rice**  
**2 tablespoons tomato puree**  
**1 egg**

Cut eggplants in half; scoop out flesh, leaving ¼-inch around sides.

Sauté onion and garlic in oil. Add mince and chopped eggplant; sauté 3 to 5 minutes. Season with parsley, salt, and pepper; stir in rice and tomato puree. Cook 2 to 3 minutes. Remove from heat; beat in egg.

Arrange eggplant shells in casserole; fill with mixture. Pour remaining oil over; cover with lid or foil. Bake in preheated 350°F oven 1 hour. Equally good hot or cold.

Leftovers like baked beans, spaghetti, and meat sauce can be used in this recipe. Yield 3 to 6 servings.



*fried eggplant*

## **stuffed eggplant greek-style**

**2 small eggplants (about  $\frac{3}{4}$ -pound each)**  
**3 tablespoons olive oil**  
**2 tablespoons butter**  
**2 medium onions, thinly sliced**  
**1 pound tomatoes, peeled, seeded, chopped**  
**2 cloves garlic**  
 **$\frac{1}{2}$  teaspoon salt**  
**1 bay leaf**  
**1 (2-inch) stick cinnamon**  
 **$\frac{1}{4}$  teaspoon pepper**  
 **$\frac{1}{2}$  cup finely chopped parsley**  
**8 black olives**  
**8 anchovy fillets**

Remove stems and caps from eggplants.

Heat oil in large skillet. Add eggplants; cook over medium-high heat 5 minutes. Remove from

pan; cut in half lengthwise. Carefully scoop out pulp; leave thin shell. Chop pulp coarsely.

Heat butter in same skillet. Add onions; cook until golden. Add tomatoes and eggplant pulp; cook 10 minutes.

Crush garlic with salt; add to tomato mixture. Add bay leaf, cinnamon, pepper, and parsley; cook 10 minutes. Fill eggplant shells with mixture. Garnish each shell with 2 olives and 2 anchovy fillets. Bake in preheated 375°F oven 10 minutes. Yield 4 servings.

## **FENNEL** **fennel italian**

**1 pound small fennel roots**  
**1 tablespoon water**





*fennel italian*

**1 cup dry white wine**  
**2 medium tomatoes, peeled, quartered**  
**Salt, white pepper, and paprika to taste**  
**Parsley**

Clean fennel thoroughly; cut into quarters. Cook in 1 tablespoon water and 2 tablespoons wine 5 minutes; stir often. (Add more wine if necessary.) Add tomatoes, rest of wine, and seasonings; cover. Simmer 30 minutes or until fennel is tender; gently stir occasionally. Correct seasonings. Serve on heated platter; garnish with parsley. Yield 4 servings.

## **florence fennel**

**2 large fennel roots**  
**½ recipe Mornay Sauce (see Index)**  
**½ cup freshly grated Parmesan cheese**

**½ cup fine fresh bread crumbs**  
**¼ cup melted butter**

Trim fennel; wash thoroughly in cold water. Cook stalks in boiling, salted water to cover about 35 minutes, until just tender; drain well. Cut into 2-inch lengths.

Place ½ of Mornay Sauce over bottom of greased casserole. Place fennel over sauce; spoon remaining sauce over fennel.

Mix cheese and bread crumbs; sprinkle over sauce. Pour butter over top. Bake in preheated 350°F oven about 15 to 20 minutes, until lightly browned. Yield about 6 servings.

## **french-fried fennel**

**1 large fennel root**  
**½ cup flour**

*stuffed eggplant greek-style*





*florence fennel*

1 egg, beaten

½ cup milk

Salt and pepper to taste

**Oil for deep frying**

Slice white part of fennel into ¼-inch rings. Wash; pat dry. Save some green leaves for garnish.

Mix flour, egg, milk, and seasonings in bowl; batter will be smooth.

Heat oil in medium skillet.

While oil is heating, dip pieces of fennel into batter. Deep-fry just 2 minutes, until crusty and brown; drain. Put on heated platter; garnish with fennel leaves. Yield 4 servings.

## GRITS (HOMINY)

### grits with cheese

6 cups boiling water

2 teaspoons salt

1½ sticks margarine

1½ cups grits

1 pound sharp cheddar cheese, cubed or grated

4 eggs, well beaten

Bring water, salt, and margarine to boil; add grits gradually. Cook until thick, stirring constantly. Add cheese; stir until melted. Add eggs; stir rapidly. Pour into buttered casserole. Bake 1 hour in preheated 250 to 300°F oven. Yield 8 to 10 servings.

*Note: Can be prepared ahead and baked when needed. Will hold in oven.*

### grits croquettes

2 cups cooked grits

2 cups finely chopped cooked chicken, meat, or fish

2 tablespoons chopped onion

1 teaspoon salt

Pepper to taste

1 teaspoon Worcestershire sauce

Fine dry bread crumbs



**1 egg, beaten**

**Fat or oil for deep frying**

Combine grits, chicken, onion, salt, pepper, and Worcestershire sauce; chill. Shape into 12 balls or other shape. Roll in bread crumbs; dip in egg. Roll again in bread crumbs.

Heat fat in frypan. Cook croquettes; turn once to brown each side. Yield 6 servings.

## **HOMINY**

### **baked hominy and cheese**

**2 cups canned or strained stewed tomatoes**

**2 tablespoons chopped onion**

**2 cloves**

**½ teaspoon salt**

**1 tablespoon sugar**

**⅛ teaspoon cayenne**

**3 tablespoons butter or fat**

**2 tablespoons flour**

**2½ cups cooked hominy**

**½ cup mild grated cheese**

**½ cup bread crumbs**

Simmer tomatoes, onion, cloves, salt, sugar, and cayenne 20 minutes; strain.

Melt 2 tablespoons butter; blend with flour. Add strained tomato juice; bring slowly to boil, stirring constantly.

*stuffed kohlrabi*

Put layer of hominy in greased baking dish; add layer of cheese. Add layer of tomato sauce; repeat until all are used. Spread top with crumbs; dot with butter. Bake in 425°F oven 20 minutes or until crumbs are brown. Yield 6 servings.

### **hominy deluxe**

**½ pound pork sausage**

**3 cups canned or cooked hominy, drained**

**3 tablespoons chopped onion**

**1 cup canned tomato soup**

**½ teaspoon salt**

**½ cup seasoned bread or cracker crumbs**

In medium-size skillet cook sausage until fat begins to come off. Add hominy and onion; cook until browned and blended. Add soup and salt; stir until hot. Top with crumbs. Yield 4 to 6 servings.

## **KOHLRABI**

### **stuffed kohlrabi**

**8 medium kohlrabi**

**2 tablespoons butter or margarine**

**½ cup chopped onion**

**½ pound ground veal**



## VEGETABLES • MIXED VEGETABLES

**½ pound ground pork**  
**1 egg, well beaten**  
**2 tablespoons bread crumbs**  
**1 tablespoon chopped parsley**  
**½ teaspoon crumbled dried marjoram**  
**Salt and white pepper**  
**2 cups hot chicken broth**

### *sauce*

**3 tablespoons butter**  
**3 tablespoons flour**  
**Salt and white pepper**  
**1½ cups reserved broth**  
**¼ cup heavy cream**  
**2 tablespoons chopped fresh parsley**

Wash kohlrabi. Cut off leaves and stems; reserve. Peel root; cut ½-inch slice; reserve. Scoop out pulp; leave ¼-inch shell. Chop pulp. Select tender leaves; shred. Place leaves and pulp in Dutch oven or heavy saucepan.

Melt butter in small saucepan. Add onion; sauté until tender.

Combine veal, pork, egg, crumbs, parsley, and seasonings in mixing bowl. Add onion; mix well. Pack mixture into kohlrabi shells; mound slightly. Top with slice removed in first step; place in Dutch oven. Pour broth over kohlrabi; bring to boil. Cover; reduce heat to low. Simmer 30 to 40 minutes, until shells can be pierced with fork. Transfer to baking dish.

Strain broth; reserve.

Place cooked kohlrabi leaves around stuffed kohlrabi; keep warm.

Prepare sauce. Melt butter in medium saucepan. Add flour, salt, and pepper; cook, stirring, until bubbly. Add broth; cook over low heat until thickened. Remove from heat; stir in cream. Pour over kohlrabi; sprinkle with parsley. Broil in oven until sauce is lightly browned. Serve immediately. Yield 4 servings.

## MIXED VEGETABLES

### **fresh vegetables with pork**

**¼ cup butter**  
**4 cups diagonally sliced celery**  
**½ pound fresh mushrooms, halved**  
**1 medium green sweet pepper, sliced**  
**1 medium red sweet pepper, sliced**  
**1 medium onion, sliced**  
**2 cups cubed cooked pork**  
**1¼ cups Beef Stock (see Index)**  
**1 tablespoon cornstarch**  
**3 tablespoons soy sauce**

**½ teaspoon salt**  
**½ teaspoon ginger**  
**½ teaspoon freshly ground pepper**

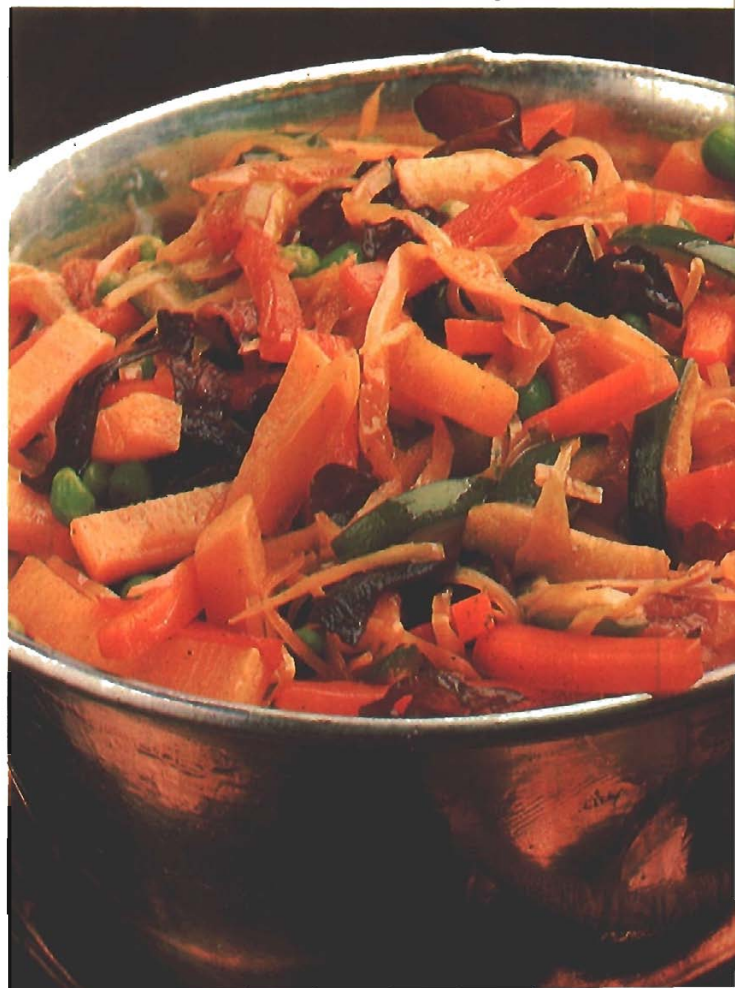
Melt butter in wok or medium-size skillet. Add celery; sauté 5 minutes. Stir in mushrooms, peppers, and onion; sauté 5 minutes. Stir in pork and stock; bring to boil. Reduce heat; simmer 5 minutes.

Blend cornstarch with soy sauce, salt, ginger, and pepper; stir into pork mixture. Cook, stirring constantly, about 5 minutes, until heated through and thickened. Serve over rice, if desired. Yield 6 servings.

### **mixed chinese vegetables**

**5 large dried Chinese mushrooms**  
**1 cup lukewarm water**  
**5 ounces green cabbage**  
**4 ounces carrots**  
**4 ounces cucumber**  
**5 ounces canned bamboo shoots**  
**4 tablespoons sesame-seed oil**  
**2 ounces frozen peas**  
**½ cup hot chicken broth**  
**2 tablespoons soy sauce**  
**Salt**  
**Pinch of sugar**

*mixed chinese vegetables*







*ratatouille I*

Soak mushrooms in water 30 minutes.

Shred cabbage. Cut carrots, cucumber, and bamboo shoots into julienne strips. Cube mushrooms.

Heat oil in skillet. Add cabbage; cook 2 minutes. Add mushrooms, cucumber, carrots, bamboo shoots, and peas. Pour in broth. Season with soy sauce, salt, and sugar. Simmer over low heat 15 minutes. Serve immediately. Yield 2 servings.

## oriental vegetable medley

**¼ pound fresh mushrooms, sliced**

**Butter**

**1 cup diagonally sliced celery**

**1 cup finely slivered green onions**

**3 cups fresh bean sprouts**

**2 tablespoons soy sauce**

**1 beef bouillon cube**

Sauté mushrooms lightly in butter. Add celery and onions; cook 3 to 4 minutes. Add bean sprouts and soy sauce. Crumble bouillon cube over all; cover. Cook 2 minutes. Be careful not to overcook; vegetables should still be crisp. Stir well. Yield 6 servings.

## ratatouille I

**1 medium eggplant**

**1 tablespoon salt**

**¼ cup olive or vegetable oil**

**2 large onions, sliced**

**3 cloves garlic, crushed**

**1 medium red pepper (optional), cored, cut into cubes**

**1 medium green pepper, cored, cut into cubes**

**4 medium zucchini, sliced ¾ inch thick**

**3 medium tomatoes, peeled, seeded, cut into coarse cubes**

**¼ teaspoon salt**

**Freshly ground pepper to taste**

**¼ teaspoon thyme**

**¼ teaspoon oregano**

**1 bay leaf**

**2 tablespoons chopped fresh parsley**

Cut eggplant into ½-inch-thick slices, then into chunks. Sprinkle with 1 tablespoon salt; let stand 30 minutes. Dry thoroughly.

Heat oil in large frying pan; sauté onions and garlic 2 minutes. Add peppers; cook 2 minutes. Add eggplant; brown lightly on both sides (about 3 minutes). Add zucchini, tomatoes, and seasonings (except parsley). Simmer gently, uncovered, 30 to 40 minutes, until all vegetables are just tender. Taste often; do not scorch. Cover; reduce heat if necessary. Remove bay leaf. Garnish with parsley. Serve hot or cold. Yield 6 to 8 servings.

## ratatouille II

**Olive oil**

**2 onions, peeled, finely chopped**

## VEGETABLES • MIXED VEGETABLES

2 peppers, seeded, chopped  
3 or 4 zucchini, thinly sliced  
1 small eggplant  
4 tomatoes, peeled, seeded, chopped  
½ cup chopped parsley  
1 clove garlic, crushed  
Salt and pepper  
Grated Parmesan cheese

Heat oil in heavy skillet; sauté onions until they begin to color. Add peppers; sauté a few more minutes. Add zucchini and eggplant (adding a little more oil if necessary); cook about 5 minutes. Turn vegetables into large casserole. Add tomatoes; cover. Cook in preheated 250°F oven 1 ¼ hours. Add parsley, garlic, and seasoning; cook 20 minutes. Sprinkle generously with cheese before serving. Yield 4 servings.

### vegetable garden medley

4 potatoes, peeled  
2 cups vegetable, beef, or chicken bouillon  
3 medium carrots, halved lengthwise, cut into 2-inch pieces  
¼ pound snap beans, cut into ½-inch pieces  
½ cup ½-inch pieces celery  
2 tomatoes, halved  
1 tablespoon butter or margarine

Put potatoes in saucepan with 1 cup bouillon; bring to boil. Cook, uncovered, 5 minutes; cover. Simmer 15 minutes or until tender.

In another saucepan, cook carrots and beans in remaining bouillon, uncovered, 5 minutes; cover. Cook 5 minutes. Add celery; cook 5 minutes.

Meanwhile, dot tomato halves with butter. Broil to desired doneness. Arrange on serving plate; surround with drained vegetables. Yield 4 servings.

### vegetable in cream sauce

2 tablespoons butter or margarine  
2 tablespoons flour  
1 cup milk  
Salt and pepper to taste  
3 cups drained cooked or canned vegetable (such as carrots, peas, green beans, lima beans, or spinach)

Heat butter; stir in flour. Add milk slowly; stir until smooth. Cook and stir until mixture is thickened. Add salt, pepper, and vegetable; heat. Yield 4 to 6 servings.

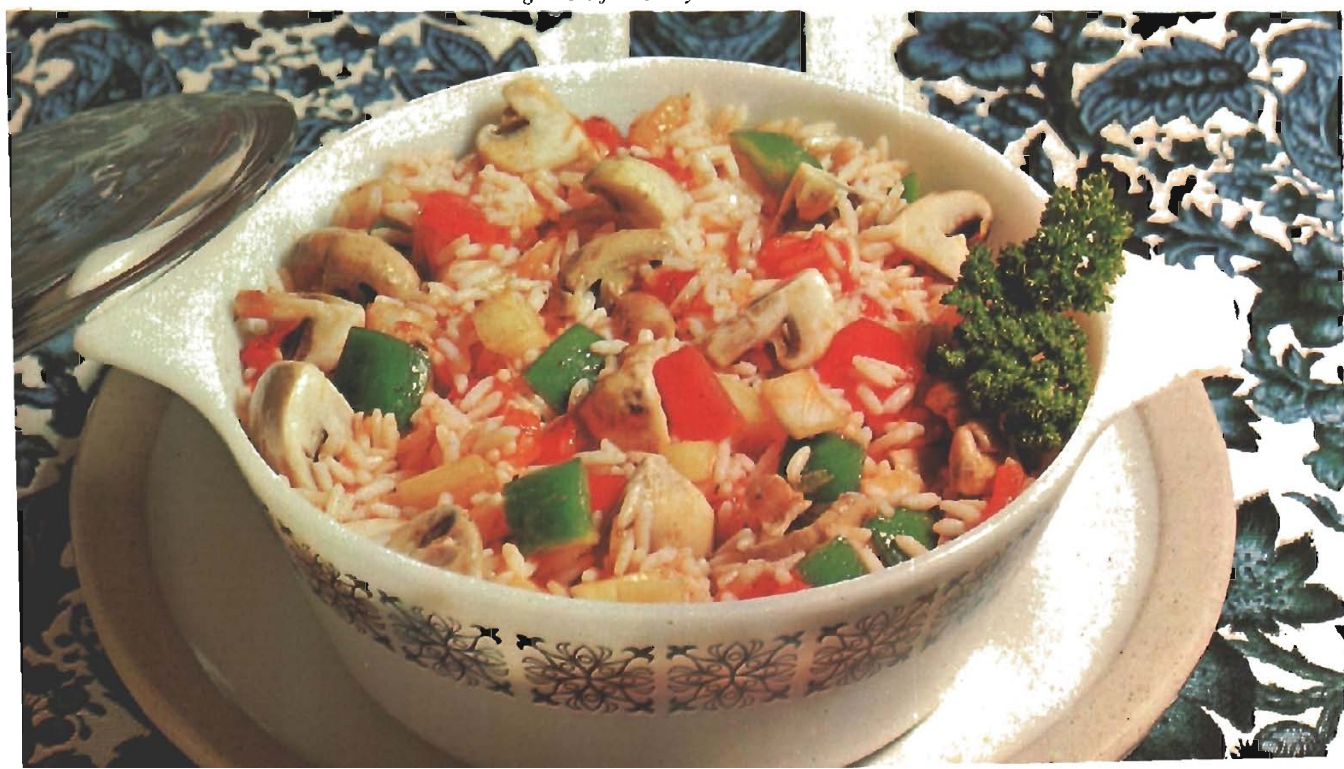
### vegetable jambalaya

2 tablespoons oil  
6 to 8 ounces small mushrooms  
1 cup cooked rice  
1 green pepper, seeded, chopped  
1 small onion, peeled, chopped  
1 stalk celery, chopped  
1 canned pimiento, chopped  
½ cup canned or stewed tomatoes  
Salt to taste

Cayenne pepper  
¼ teaspoon paprika  
¼ cup melted butter or margarine  
Watercress or parsley (garnish)

Heat oil in pan. Add mushrooms; sauté a few

*vegetable jambalaya*





minutes. (If small mushrooms are used, leave whole; cut larger ones into halves or quarters.)

Combine rice, mushrooms, green pepper, onion, celery, pimiento, and tomatoes. Add salt, few grains cayenne pepper, and paprika. Add butter; mix well. Put into greased casserole; cover tightly. Cook in preheated 300°F oven about 1 hour. Garnish with small bunch of watercress or parsley. Yield 4 servings.

## vegetable kabobs with seasoned butter sauce

2 medium zucchini

12 cherry tomatoes

6 pounds fresh mushrooms

½ cup melted butter

1 tablespoon parsley flakes

¾ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon pepper

Cut off ends of zucchini; cut each zucchini into 6 slices. Arrange tomatoes, zucchini, and mush-



*vegetable kabobs with seasoned butter sauce*

## VEGETABLES • MIXED VEGETABLES

rooms on 6 skewers.

Pour butter into small bowl. Add parsley flakes, onion powder, garlic powder, and pepper; mix well. Brush over kabobs. Place on grill over hot coals. Cook about 10 minutes, until vegetables are tender; turn and brush with butter mixture frequently. Yield 6 servings.

### vegetables a la russe

**1 potato, about ⅓ pound**

**Salt**

**1 small cauliflower**

**1 small bunch broccoli**

**¼ pound green beans**

**¼ pound carrots**

**¼ pound zucchini**

**1 cup green peas**

**¾ cup chopped celery**

**1 cup chopped scallions, green part and all**

**2 tablespoons chopped parsley**

**1 tablespoon chopped chives**

**1 cup Mustard Mayonnaise (see Index)**

Place potato in saucepan; add cold water to cover and salt to taste. Bring to boil; simmer 25 minutes or until tender. Drain; let cool. Peel potato; cut into neat, uniform cubes, each about an inch or slightly less. Set aside.

Break off enough florets from cauliflower to make 1 cup. Use remaining cauliflower for another meal.

Break off enough florets from broccoli to make 1 cup. Use remaining broccoli for another meal.

Cut beans, carrots, and zucchini into small cubes, about ½ inch thick or slightly less. Keep vegetables in separate batches.

Cook cauliflower, broccoli, beans, carrots, and zucchini separately in boiling salted water until crisp-tender. Take care not to overcook.

Cook peas until barely tender.

As each batch is cooked, drain immediately in sieve or colander. Run under cold water to chill; drain well.

Combine potatoes, cauliflower, broccoli, beans, carrots, zucchini, and peas in mixing bowl. Add celery, scallions, parsley, and chives. Add mayonnaise; toss gently but well. Yield 8 servings.

## MUSHROOMS

### baked mushrooms in cheese sauce

**8 large mushrooms**

**2 thick slices salt pork, diced**

**1 recipe White Sauce (see Index)**

**1 cup grated Romano cheese**

**⅓ cup finely minced green onions**

**1½ cups fine bread crumbs**

Remove stems from mushrooms; chop coarsely.

Fry salt pork in saucepan over low heat until all fat is rendered; remove pork from pan. Add chopped mushrooms. Cook over medium heat until all fat is absorbed; set aside.

Combine White Sauce and ¾ cup cheese; stir until cheese is melted. Stir in onions and chopped mushrooms.

Arrange mushroom caps, round-side-down, in 9½-inch shallow baking dish; pour cheese sauce over. Sprinkle crumbs over sauce; sprinkle remaining cheese evenly over crumbs. Bake in preheated 350°F oven about 20 minutes, until top is browned.

Parmesan or any hard cheese can be substituted for Romano. Yield 4 servings.

### baked stuffed mushrooms

**3 tablespoons butter**

**1 small onion, chopped**

**½ clove garlic, crushed**

**½ pound ground lamb**

**¾ cup fresh bread crumbs**

**1 tablespoon parsley**

**½ tablespoon chopped capers**

**Salt and pepper**

**Pinch of mace or nutmeg**

**1 egg, beaten**

**16 large flat mushrooms**

**8 strips bacon**

**2 to 3 tablespoons mixed dark bread crumbs and grated cheese**

Heat 2 tablespoons butter; cook onion and garlic 4 to 5 minutes. Add ground meat; cook 7 to 8 minutes, stirring constantly. Mix in crumbs, parsley, and capers; season well with salt, pepper, and mace. Cool slightly; add enough egg to moisten mixture without making it runny.

Remove stems from mushrooms level with base. Chop stems; add to stuffing mixture. Divide stuffing into 8 parts; mold over mushroom caps. Lay other 8 mushroom caps on top; press firmly together. Wrap each mushroom sandwich in strip of bacon; place in buttered fireproof dish. Spoon 1 tablespoon melted butter over mushrooms; cover with foil. Bake in preheated 350°F oven 20 to 30 minutes; after 15 minutes remove foil. Sprinkle crumb mixture over; cook 10 to 15 minutes. If necessary, brown under broiler. Yield 4 servings.



## fried mushrooms

3 dozen mushrooms, about 1-inch in diameter

2 eggs

1 tablespoon water

½ teaspoon salt

¼ teaspoon pepper

½ cup flour

1 cup Italian-style bread crumbs

Vegetable oil for frying

Wash, trim stems, and drain mushrooms.

Beat eggs, water, salt, and pepper together.

Impale each mushroom on fork; dip in flour, then in egg mixture. Coat with crumbs. Place on towel-lined baking sheet; let dry.

Heat 3-inches oil to 360°F in deep-fat fryer or deep saucepan. Fry a few at a time 4 minutes or until golden brown; drain. Serve hot. Yield 6 servings.

## marinated mushroom caps

2 cups canned or small fresh mushroom caps

*marinade*

½ cup finely chopped onions

½ cup salad vinegar

½ teaspoon black pepper, peppermill-ground

½ teaspoon garlic powder

½ cup salad oil

Drain or wash mushrooms; pour into quart jar.

Combine marinade ingredients; add to jar.

Marinate mushrooms 24 hours; shake 3 or 4 times during marinating period. Drain mushrooms; arrange on serving platter. Yield 6 servings.

## mushrooms and eggs in cheese sauce

1½ cups sliced fresh mushrooms

1 tablespoon lemon juice

¼ cup butter

½ cup chopped celery

½ cup chopped green sweet pepper

¼ cup chopped onion

2 tablespoons all-purpose flour

½ teaspoon salt

Dash of freshly ground pepper

1 cup milk

1 cup shredded cheddar cheese

¼ teaspoon Worcestershire sauce

3 hard-boiled eggs

1 recipe Boiled Rice (see Index)

1 can chow mein noodles

*baked mushrooms in cheese sauce*





## VEGETABLES • MUSHROOMS

Toss mushrooms with lemon juice.

Melt butter in chafing-dish pan or blazer pan over low heat. Add mushrooms, celery, green pepper, and onion; sauté until just tender, stirring constantly. Add flour, salt, and pepper; mix well. Stir in milk gradually; cook over medium heat, stirring constantly, until thickened. Cook 2 minutes; remove from heat. Add cheese and Worcestershire sauce; stir until cheese is melted.

Reserve 1 egg yolk; chop remaining yolks and whites. Add chopped eggs to sauce; heat through. Do not boil.

Sieve reserved egg yolk; sprinkle over center of sauce mixture. Garnish with parsley, if desired. Place chafing-dish pan over low heat or over the bain-marie to keep warm. Serve over rice; sprinkle with chow mein noodles. Yield about 6 servings.

### mushrooms and sour cream hungarian-style

4 tablespoons butter or margarine

1 small onion, peeled, minced

1 pound fresh mushrooms, washed, trimmed, sliced ¼-inch thick

½ teaspoon garlic salt



*mushrooms and eggs in cheese sauce*

### mushroom and tomato bake

½ cup butter

4 cups fine soft bread crumbs

2 cups finely chopped hazelnuts or pecans

4 large tomatoes

½ pound fresh mushrooms, chopped

Salt and freshly ground pepper to taste

1 teaspoon dried crushed marjoram



*mushroom and tomato bake*

⅛ teaspoon pepper

½ teaspoon paprika

½ cup thick dairy sour cream

Melt butter in large heavy skillet. Add onion; cook over moderate heat 3 minutes. Add mushrooms; cook quickly over moderate heat, stirring occasionally, until tender. Stir in garlic salt, pepper, and paprika; mix well. Remove from heat; slowly stir in sour cream. Return to heat; very gently heat through. Yield 4 servings.



Melt 6 tablespoons butter in frypan. Add crumbs and nuts; cook over medium heat, stirring constantly, until crisp and golden. Set aside.

Skin tomatoes; chop coarsely.

Melt 2 tablespoons butter in frypan. Add tomatoes and mushrooms; cook, stirring, until tomatoes are soft. Place half the mixture evenly in 4 buttered individual baking dishes; season with salt, pepper and half the marjoram. Place half the crumb mixture evenly over each mushroom mixture; repeat layers. Bake in preheated 375°F oven 30 minutes or until well browned. Garnish with additional skinned tomatoes. Yield 4 servings.

## **stuffed mushrooms**

**2 (10-ounce) packages frozen chopped spinach or**

**2 cups cooked fresh spinach**

**¼ cup freshly grated Parmesan cheese**

**2 tablespoons melted butter**

**⅛ teaspoon nutmeg**

**Salt and pepper to taste**

**12 large mushroom caps**

**Olive oil**

**12 blanched whole almonds**

Cook spinach according to package directions; drain thoroughly. Puree in blender or food processor. Combine spinach, cheese, butter, nutmeg, salt, and pepper in top of double boiler; mix well. Cover; place over hot, but not boiling, water to keep warm.

Brush entire surface of mushroom caps with oil; place on baking sheet. Bake in preheated 375°F oven 10 minutes.

Mound spinach mixture inside each mushroom; garnish with almonds. Serve immediately. Yield 6 servings.

## **OKRA**

### **fried okra**

**1 pound fresh young okra**

**Salt and pepper to taste**

**½ to 1 cup cornmeal**

**Fat for deep frying**

Wash okra; cut into 1-inch pieces. Liberally sprinkle pieces with salt and pepper.

Put cornmeal into brown paper bag; shake okra in bag to coat each piece with meal. Fry in deep fat (375°F) until golden brown and crisp; drain on paper towel. Keep warm. Yield 4 to 6 servings.

### **okra louisiana**

**2 tablespoons bacon fat or oil**

**1 large onion, sliced into rings**

**½ green pepper, chopped**

**2 cups (1-pound) can tomatoes**

**1 teaspoon salt**

**Dash of freshly ground pepper**

**1 teaspoon lemon juice or grated lemon rind**

**1 pound fresh okra, cut into 2-inch pieces**

**¼ cup flour**

**2 tablespoons oil**

**½ cup grated cheese**

Heat fat in medium skillet; tan onion and green pepper. Add tomatoes, salt, pepper, and lemon juice; simmer 15 minutes.

Dust okra with flour. Heat oil in another medium skillet. Add okra; cook until heated but not brown. Reduce heat; pour sauce over okra. Add grated cheese; cover. Simmer 15 minutes. Yield 4 to 6 servings.

### **okra and rice**

**2 cups cut okra**

**½ cup dry rice**

**1 cup water**

**½ teaspoon salt**

**2 tablespoons butter or oil**

**1 cup tomato sauce**

Place okra, rice, water, and salt into pot; cook 30 to 40 minutes. Turn into greased baking dish; add tomato sauce. Bake 10 minutes in preheated 375°F oven. Yield 4 servings.

### **okra southern-style**

**3 slices bacon**

**1 cup sliced okra**

**1 large onion, finely chopped**

**1 cup chopped celery**

**6 tomatoes, chopped**

**1 green pepper, diced**

**1 hot red pepper, diced**

**Salt and pepper to taste**

**1 pint creamed corn**

Fry bacon; when crisp, drain on paper towel.

Sauté okra in hot bacon fat to seal edges. Add onion and celery; sauté until onion is transparent, not brown. Add tomatoes, peppers, salt, and pepper; cook 3 to 5 minutes. Add corn; simmer 20 minutes. Serve hot or cold. Just before serving, crumble bacon on top. Yield 6 to 8 servings.

### **pickled okra**

**8 cups vinegar**

**8 cups water**

**1 cup salt**

**Several pounds fresh okra, washed, stems cut off**

**1 teaspoon dillseed**

**2 cloves garlic, chopped**

**2 small hot peppers, chopped**

## VEGETABLES • OKRA

Boil vinegar, water, and salt together about 10 minutes.

Meanwhile, place okra in pint jars.

Divide dill, garlic, and peppers so that some of each are on top of each jar of okra. Pour hot liquid into jars. Let cool; seal. Put jars aside at least 3 weeks for pickling process to take place. Chill before serving. Yield about 10 pints.

### stewed okra and tomatoes

**1 small onion, chopped**

**2 tablespoons butter, margarine, or oil**

**1 (10-ounce) package frozen okra**

**1 (16-ounce) can tomatoes**

**½ teaspoon salt**

**¼ teaspoon pepper**

Cook onion in butter in saucepan over moderate heat until lightly browned. Add remaining ingredients; cook until okra is tender and mixture thickens, 10 to 15 minutes. Stir occasionally to prevent sticking. Yield 6 servings.

## ONIONS

### beer-fried onion rings

**1½ cups flour**

**1½ cups beer**

**4 very large onions**

**Oil for deep frying**

Combine flour and beer in large bowl; blend thoroughly with wooden spoon. Cover bowl; keep at room temperature at least 3 hours.

Peel onions; slice into ¼-inch rounds. Divide into individual rings.

In large skillet heat enough oil to drop in onion rings. Dip a few onion rings at a time into

*beer-fried onion rings*

prepared batter, then into hot (375°F) oil; fry until golden brown. Place on cookie sheet lined with paper towels; keep warm in preheated 200°F oven. Can be frozen and reheated in 400°F oven if desired. Yield 4 to 6 servings.

### crispy fried onion rings

**2 large onions**

**1 cup self-rising flour**

Peel onions; cut into medium-thick slices. Separate into rings.

Combine flour and enough water to make consistency of heavy cream. Dip each ring in batter; drain slightly. Fry in deep hot oil (375°F) until golden brown on both sides. Yield 6 servings.

### dill onion rings

**4 large onions**

**½ cup sugar**

**2 teaspoons salt**

**½ teaspoon dillweed**

**½ cup vinegar**

**¼ cup water**

Peel and slice onions; break apart. Pack loosely in jar.

Combine other ingredients in saucepan; heat until sugar dissolves. Pour over onions. Cover; chill. Yield 1 quart.

### onion charlotte

**4 Bermuda onions, peeled, thickly sliced**

**1 cup milk**

**2 tablespoons cornstarch**

**3 tablespoons butter or margarine**

**Salt and pepper**

**⅛ teaspoon grated nutmeg**

**⅛ teaspoon ground cinnamon**

**4 or 5 slices stale bread**







*onion charlotte*

**¼ cup oil or cooking fat**  
**3 tablespoons grated cheese**  
**2 tablespoons fine bread crumbs**

Put onions into pan; just cover with cold water. Cover; boil 2 to 3 minutes. Drain; return to pan. Add milk and 4 tablespoons water; cover. Simmer until onions are tender, 10 to 15 minutes.

Mix cornstarch to smooth paste with a little extra milk; add to onions. Stir until boiling. Add 2 tablespoons butter, salt, pepper, nutmeg, and cinnamon.

Remove crusts from bread; fry in oil until brown on both sides. Arrange in bottom and around sides of baking dish; pour in onion mixture. Sprinkle with cheese and crumbs mixed together.

Melt remaining butter; dribble over the top. Bake in preheated 400°F oven until well browned. Yield 4 servings.

## ONIONS • VEGETABLES

### onions and green peppers

**3 tablespoons butter or margarine**  
**6 medium-size onions, peeled, sliced thin**  
**3 whole green peppers, diced**  
**2 tablespoons beef broth**  
**Salt and pepper to taste**

Melt butter in medium skillet; sauté onions about 10 minutes. Add peppers; cook 5 minutes. Add beef broth and seasonings; cover. Simmer 8 minutes. Serve at once.

A variation of this is to add 2 whole diced tomatoes just before you cover vegetables. Yield 4 servings.

### onions monte carlo

**2 (10½-ounce) cans beef broth**  
**½ tablespoon dark brown sugar**  
**½ cup golden raisins**  
**2 pounds small peeled onions**  
**2 tablespoons potato flour**

Pour all but ½ cup broth into small, deep, ovenproof dish; stir in brown sugar until mixed. Add raisins and onions; cover. Bake in preheated 325°F oven about 2 hours, until onions are tender; remove from oven.

Mix potato flour with ½ cup broth; stir into broth in ovenproof dish. Cook over low heat, stirring constantly, until thickened. Garnish with mixed chopped chives and chopped parsley, if desired.

Two tablespoons cornstarch mixed with a small amount of cold water can be substituted for potato flour, if desired. Yield 6 to 8 servings.

### onions in mushroom sauce

**1½ pounds small yellow onions**  
**1 cup water**  
**1 teaspoon salt**  
**1 (10½-ounce) can condensed cream of mushroom soup**

#### **Parsley**

Peel and quarter onions; leave very small onions whole. Simmer in salted water 15 to 20 minutes, until just tender; drain. Add undiluted soup; simmer 10 to 15 minutes. Garnish with parsley. Yield 6 servings.

### stuffed onions

**6 large onions**  
**2 tablespoons butter or margarine**  
**1 pound ground beef or veal**  
**1 teaspoon salt**  
**¼ teaspoon pepper**  
**1 cup beef stock**



*onions monte carlo*

Peel onions; cut  $\frac{1}{2}$ -inch slice from top of each. Put aside to use for topping. Hollow out centers of onions to form holes for stuffing; finely chop centers of onions.

Melt butter; brown chopped onions. Add meat, salt, and pepper; mix well. When meat is browned, stuff centers of onions with mixture. Put top slices of onions on; secure in place with toothpicks. Put in baking dish; pour stock over. Bake in preheated 375°F oven 1 hour or until onions are soft. Yield 6 servings.

## PARSNIPS

### **parsnip puffs**

5 parsnips  
3 tablespoons milk  
2 tablespoons melted butter or margarine  
1 teaspoon salt  
Few grains pepper  
2 eggs  
2 tablespoons water  
 $\frac{1}{2}$  cup dried bread crumbs

Cook parsnips in boiling salted water until tender. Drain; mash. Add milk, butter, salt, and pepper. Add 1 beaten egg; set aside to cool. Shape into small balls. Roll in crumbs, then in beaten egg diluted with water, and again in crumbs. Fry in deep hot fat (375°F) until brown; drain on unglazed paper. Yield 6 servings.

### **parsnip timbales**

1 pound parsnips  
2 large eggs  
 $\frac{1}{4}$  cup milk  
 $\frac{1}{4}$  cup fine fresh bread crumbs  
 $\frac{1}{8}$  teaspoon salt  
1 tablespoon grated orange rind

Pare parsnips; leave whole. Steam until tender; drain. Mash in food processor or put through food mill (there should be about  $1\frac{3}{4}$  cups).

Beat eggs and milk until blended; stir in crumbs, salt, and orange rind; mix well with parsnips. Turn into 4 (6-ounce) buttered custard cups; place in pan of hot water that comes halfway up cups. Bake in preheated 325°F oven until knife inserted in center comes out clean, about 30 minutes. With small spatula, loosen edges; turn out. Garnish, if desired, with orange slices and parsley sprigs. Yield 4 servings.



## seasoned parsnips

1½ pounds parsnips  
Small piece salt pork  
¼ cup butter, melted

Wash, peel, and core parsnips; cut into strips. Add with salt pork to boiling salted water. Boil 25 minutes or until fork-tender; drain. Serve coated with melted butter. Yield 4 servings.

## PEAS

### black-eyed peas supreme

2 (1-pound) cans black-eyed peas, drained  
1 onion, sliced into thin rings  
½ cup olive oil  
¼ cup wine vinegar  
1 medium clove garlic, mashed  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
Pepper to taste

Place peas and onion in ovenproof bowl.

Combine oil, vinegar, and seasonings in small pan; bring to boil. Immediately pour over peas and onions; stir gently. Refrigerate several hours or overnight. When thoroughly chilled, flavors will all blend together. Yield 8 servings.

### creamed peas and corn

1 (10-ounce) package frozen peas  
1 (10-ounce) package frozen corn  
*white sauce*  
2 tablespoons butter  
2 tablespoons all-purpose white flour  
1 cup milk  
½ teaspoon salt  
¼ teaspoon white pepper

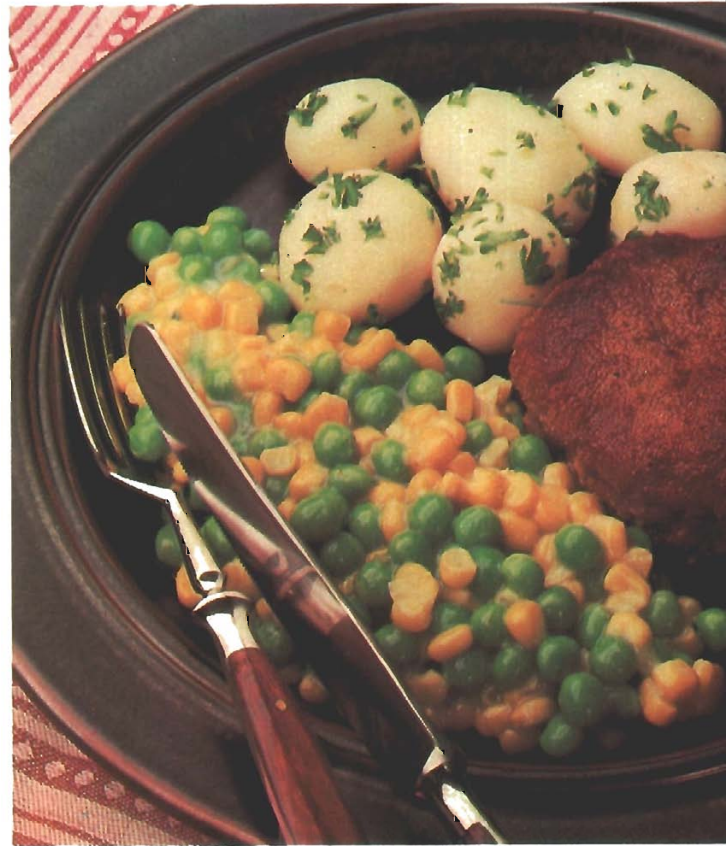
Cook peas and corn as directed on packages.

While vegetables are cooking, make White Sauce. Melt butter in saucepan. Add flour; cook 2 minutes, stirring constantly. Add milk, salt, and pepper; stir. Cook until thick; remove from heat.

Drain cooked vegetables. Add White Sauce; mix well. Serve immediately. Yield 6 servings.

### creamed peas and potatoes

3 medium potatoes, peeled, diced  
Cold water  
1 teaspoon salt  
1 (10-ounce) package frozen green peas  
2 cups milk  
2 tablespoons butter or margarine  
1 tablespoon flour  
1 tablespoon water



*creamed peas and corn*

#### Salt and pepper to taste

Place potatoes in medium saucepan; add cold water barely to cover potatoes. Add 1 teaspoon salt; bring to boil over moderate heat. Cook 10 to 15 minutes or until tender; drain.

Meanwhile, cook peas according to package directions; drain. Keep warm until needed.

Add milk and butter to potatoes; heat until bubbling.

Combine flour and 1 tablespoon water; mix well. Add to potatoes; cook, stirring, until thickened. Add peas; mix well. Season with salt and pepper. Yield 4 servings.

### frozen peas and beans with a fresh taste

1 package frozen green peas  
1 package frozen cut green beans  
4 tablespoons butter or margarine  
½ cup blanched, sliced almonds (optional)

Remove peas and beans from freezer at least 1 hour before cooking.

Melt butter in medium-size skillet; sauté peas and beans 3 to 5 minutes, until hot through. Stir in sliced almonds; mix together gently. Yield 4 to 6 servings.



*green peas bonne femme*

## **green peas bonne femme**

¼ pound Canadian bacon, cut into 1-inch pieces  
 1 tablespoon butter or margarine  
 3 cups fresh green peas  
 6 small white onions, peeled  
 Inner leaves of lettuce head  
 ½ cup water  
 ½ teaspoon salt  
 ¼ teaspoon pepper  
 ½ teaspoon sugar  
 1 tablespoon finely chopped parsley

Fry bacon in butter until lightly browned. Add peas, onions, lettuce, water, salt, pepper, and sugar; cover. Cook 10 to 15 minutes, until peas are tender; drain. Sprinkle with parsley before serving. Yield 6 servings.

## **hopping john**

1 (8-ounce) package dried black-eyed peas  
 1 ham hock, halved  
 1 small onion, chopped  
 1 teaspoon salt



**1 teaspoon cayenne pepper**  
**1 cup long-grain rice**

Soak peas 1 hour in cold water to cover; drain.  
 Place ham hock in large saucepan; cover with water. Cook 30 minutes. Add peas, onion, salt, cayenne, and enough water to cover. Cook, covered, 45 minutes; add water as needed. Stir in rice; cover. Cook 30 minutes or until rice and peas are tender. Remove ham hock; discard bone and fat. Stir ham back into Hopping John. Add 1 can tomatoes, if desired. Yield about 6 servings.

## irish minted peas

**1 (10-ounce) package frozen green peas**  
**1 teaspoon dried mint**  
**1 teaspoon sugar**  
**Boiling salted water**  
**1 tablespoon butter or margarine**  
**Salt and pepper to taste**

Cook peas, mint, and sugar in boiling salted water to cover 5 to 7 minutes, until peas are tender; drain. Stir in butter, salt, and pepper. Serve immediately. Yield 4 servings.

## seasoned peas

**2 pounds fresh peas, shelled**  
**2 cups water**  
**1 teaspoon salt**

*dilled butter*  
**¼ cup butter**  
**½ teaspoon white pepper**  
**2 tablespoons chopped fresh dill**

Wash peas thoroughly in cold water; drain.  
 Bring water to rapid boil in large saucepan. Add peas and salt; cover. Cook 15 minutes or until peas are tender; drain.

Melt butter in small saucepan; stir in pepper and dill.

Pour peas in serving dish; cover with Dilled Butter. Yield 6 servings.

*hopping john*



## split-pea and almond whip

**1 pound (2⅓ cups) green or yellow dry split peas**  
**4⅔ cups water**  
**4 tablespoons butter**  
**1 teaspoon salt**  
**⅓ cup minced onion**  
**⅓ cup thinly sliced raw carrot**  
**1 bay leaf, 2-inch length**  
**¼ cup brown sugar**  
**2 tablespoons lemon juice**  
**½ cup light cream or undiluted evaporated milk**  
**1 teaspoon aromatic bitters**  
**½ cup coarsely chopped, butter-browned blanch almonds**  
**2 slices broiled bacon, snipped into pieces**

Wash peas in colander. Combine with water, 1 tablespoon butter, salt, onion, carrot, and bay leaf in heavy saucepan or Dutch oven with tight-fitting lid; bring quickly to boil. Reduce heat to simmer; cover. Cook 40 to 45 minutes, until peas are tender, mushy, and dry; do not stir, but keep heat low or peas will stick and scorch. If moisture is left, remove lid; dry over very low heat. Remove bay leaf. Add remaining butter, brown sugar, and lemon juice; whip with electric beater or potato masher until smooth. Add cream and bitters; whip. Fold in almonds; put into heated serving dish. Sprinkle bacon over top. Yield 10 servings.

## sweet pea special

**5 tablespoons butter**  
**3 tablespoons currant jelly**  
**1 tablespoon sugar**  
**2 cans small peas**  
**Salt and freshly ground pepper to taste**

Melt butter, currant jelly, and sugar in medium-size skillet.

Heat peas in another saucepan; drain all but 1 cup liquid. Put peas and 1 cup liquid into jelly mixture; season with salt and pepper. Simmer very gently until ready to serve. Yield 6 to 8 servings.

## PEPPERS

### cold stuffed-pepper dish

**2 (10-ounce) packages frozen mixed vegetables**  
**1 recipe Vinaigrette (see Index)**  
**2 cups ground cooked ham**  
**10 hard-boiled eggs, ground**  
**½ cup pickle relish**  
**Mayonnaise**  
**Salt and pepper to taste**  
**6 green sweet peppers**

Cook vegetables according to package direc-

## VEGETABLES • PEPPERS

tions; drain well. Mix with vinaigrette in bowl; cover. Let stand in refrigerator at least 8 hours to marinate; stir occasionally.

Combine ham, eggs, and relish in large bowl; add enough mayonnaise to moisten to desired consistency. Season with salt and pepper; chill until ready to serve.

Cut tops from peppers; remove seeds and white membranes. Arrange on serving dish; fill with ham salad.

Drain vegetables; arrange around peppers. Yield about 6 servings.

*cold stuffed-pepper dish*



### green peppers and onions spanish-style

$\frac{1}{4}$  cup olive oil

6 medium onions, peeled, thinly sliced

3 green peppers, seeded, sliced into thin rings

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

Heat oil in skillet; sauté onions 10 minutes. Add peppers; sauté 10 minutes or until tender. Sprinkle with salt and pepper. Yield 4 servings.

### hungarian pepper dish

2 tablespoons lard

1 medium onion, peeled, sliced, separated into rings

1 pound green peppers, cleaned, sliced

$\frac{3}{4}$  pound tomatoes, peeled, quartered

$\frac{1}{2}$  teaspoon sugar

2 teaspoons Hungarian sweet paprika

Dash of cayenne pepper

Salt and pepper

Melt lard in heavy skillet. Add onion; cook over moderate heat until wilted. Add green peppers; cook until crisp-tender. Add remaining ingredients; cook, covered, over low heat 10 minutes, stirring occasionally. Taste for seasoning. Serve in vegetable dishes. Yield 4 to 6 servings.

### quick-stuffed green peppers

3 large green peppers

Boiling water to cover

$\frac{1}{4}$  cup chopped onion

2 tablespoons butter or margarine

1 tablespoon prepared horseradish

2 (16-ounce) cans corned-beef hash

1 cup water

Cut peppers in half; remove seeds. Cook 10 minutes in boiling water; drain.

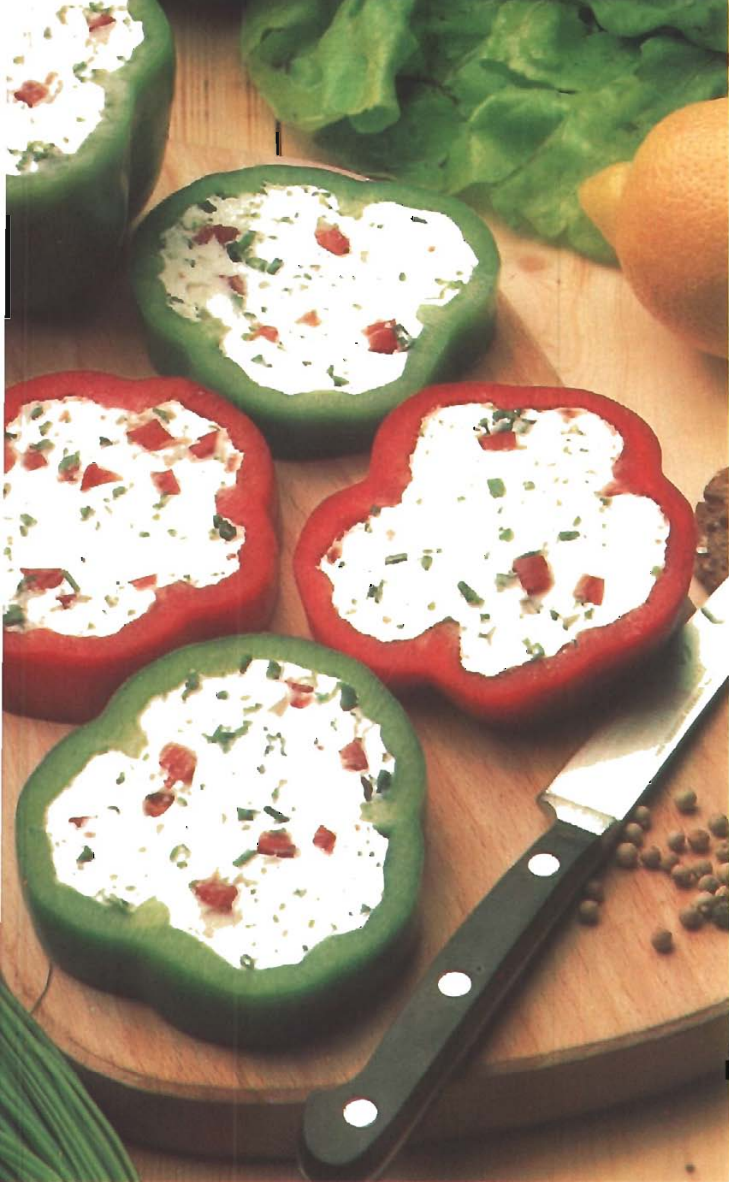
Cook onion in butter just until tender; stir in horseradish. Mix with hash. Fill pepper halves with mixture.

Place peppers in baking dish. Pour in water; bake in preheated 375°F oven 30 minutes. Yield 6 servings.

*pepper pot*







*stuffed pepper slices*

## pepper pot

**3 red sweet peppers**  
**3 green sweet peppers**  
**6 yellow onions**  
**12 tomatoes**  
**¼ cup butter**

**Salt and freshly ground pepper to taste**

Cut tops off peppers; remove seeds and center membranes. Peel onions. Cut off stem ends of tomatoes. Slice peppers into rings; cut onions and tomatoes into wedges.

Melt butter in heavy skillet; add peppers and onions. Sauté over low heat 10 minutes; stir frequently. Add tomatoes; season with salt and pepper. Cook 10 minutes; stir frequently. Yield about 6 servings.

## stuffed pepper slices

**1 red pepper**  
**1 green pepper**  
**8 ounces low-fat or regular cottage cheese**  
**2 tablespoons skim or whole milk**

## PEPPERS • VEGETABLES

**1 tablespoon chopped pimiento**  
**1 tablespoon chopped parsley**  
**1 tablespoon chopped watercress**  
**1 tablespoon chopped chives**  
**¼ teaspoon salt**  
**⅛ teaspoon white pepper**  
**1 teaspoon lemon juice**  
**1 envelope (1 tablespoon) unflavored gelatin**  
**⅓ cup cold water**  
**Lettuce leaves**

Cut off tops of peppers; remove seeds; wash.

Cream cottage cheese in blender (thin with milk if necessary); remove. Add pimiento, parsley, watercress, chives, salt, pepper, and lemon juice.

Soak gelatin in cold water; dissolve completely over simmering water. Add to cheese mixture. Fill peppers with mixture; chill in refrigerator at least 2 hours. Cut each pepper into 4 thick slices. Serve on lettuce leaves. Yield 4 to 6 servings.

## stuffed peppers

**4 medium bell peppers**  
**1 pound ground beef**  
**½ cup chopped onion**  
**½ teaspoon garlic powder**  
**1 teaspoon crumbled mixed Italian herbs**  
**Salt and pepper**  
**1 (16-ounce) can stewed tomatoes**  
**1 (8-ounce) can tomato sauce**  
**¼ cup water**  
**1 cup instant (or quick-cooking) rice**  
**2 ounces mozzarella cheese, thinly sliced**

Cut tops off peppers; remove seeds and membranes. Parboil 5 minutes; drain.

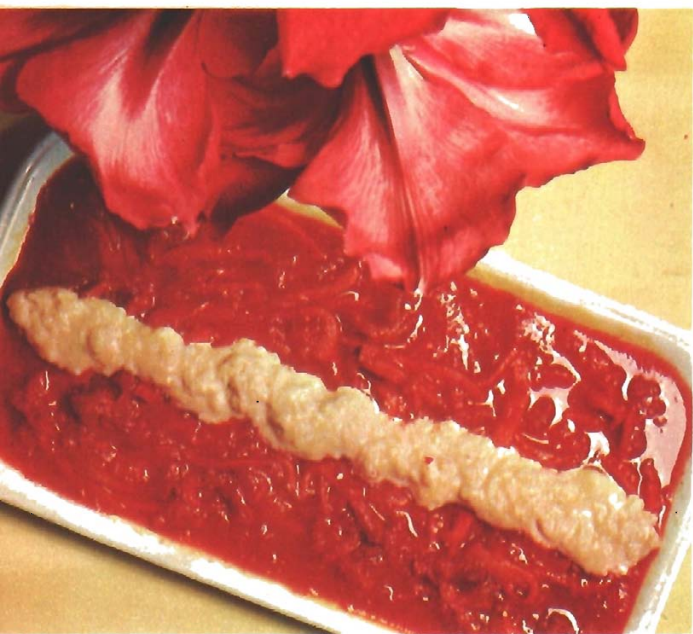
Sauté beef and onion in large skillet until lightly browned; add a little oil if meat is very lean. Add garlic powder, herbs, salt, pepper, tomatoes, ½ can tomato sauce, water, and rice; stir well. Bring to boil; reduce heat to low. Cook, covered, 15 minutes.

Place peppers in 2-quart casserole; stuff with meat mixture. Spoon remaining meat mixture around peppers; top with remaining tomato sauce. Cover; cook 30 minutes in preheated 350°F oven. Uncover; top with cheese. Cook 10 minutes. Yield 4 servings.

## PIMIENTO

### tunisian pimiento dish

**2 tablespoons butter**  
**2 cups drained chopped canned tomatoes**  
**1 cup sliced canned pimiento**  
**Salt**  
**White pepper**



*tunisian pimiento dish*

**1/8 teaspoon basil leaves**

**3 eggs**

**3 tablespoons milk**

Melt 1 tablespoon butter in small saucepan. Add tomatoes, pimiento, 1/4 teaspoon salt, 1/8 teaspoon pepper, and basil; simmer 10 minutes.

Combine eggs and milk in small bowl; season with salt and pepper to taste. Beat well with fork.

Melt remaining butter in small skillet. Add egg mixture; cook, stirring constantly, until eggs are soft and creamy.

Turn pimiento mixture onto serving dish; place eggs on top. Serve with croutons or toast points. Yield 2 to 3 servings.

## POTATOES

### baked potatoes

**Baking potatoes**

**Butter**

Wash and scrub even-sized, shapely baking potatoes; dry. Grease lightly with butter. Bake in 400°F oven 40 minutes to 1 hour, depending on size. When half done, pull out rack; quickly puncture skin once with fork, permitting steam to escape. Return to oven; finish baking. When done, serve at once with butter, sour cream, chopped chives or parsley, chopped bacon or ham, or grated cheese. Yield as desired.

### baked mashed potatoes

**8 medium potatoes**

**2 tablespoons butter**

**1/2 cup tomato puree**

**1/2 cup sour cream**

**Salt and pepper to taste**

**1 cup grated sharp cheddar cheese**

Bake well-greased potatoes in 400°F oven 45 minutes or until soft. Split lengthwise; scoop out centers into mixing bowl. Set shells aside. Add butter, tomato puree, and sour cream to potatoes; mash until well mixed. Season with salt and pepper; stir in cheese. Mound mixture into shells; place on baking sheet. Broil 10-inches from source of heat until heated through. Yield 8 servings.

### cheese and potatoes rissole'

**2 pounds potatoes**

**Salt**

**1/4 cup butter**

**6 egg yolks**

**1/2 teaspoon white pepper**

**1 pound Swiss cheese, grated**

**Sifted all-purpose flour**

**2 eggs**

**Soft bread crumbs**

Pare potatoes; cut into eighths. Place in saucepan; cover with water. Add 1 tablespoon salt; cover. Bring to boil; reduce heat. Simmer 15 minutes or until tender; drain. Press through food mill or mash well; place in dry saucepan. Add butter; cook over low heat, stirring constantly, until butter is melted and mixture dry. Place in bowl;



*baked mashed potatoes*





*cheese and potatoes rissole*

refrigerate until cool. Beat in egg yolks, pepper, and salt to taste. Add cheese; stir until well mixed. Chill well. Shape with hands into 4-inch sausage-shaped rolls; coat each roll well with flour.

Beat eggs with  $\frac{1}{4}$  cup water until mixed. Dip potato rolls into eggs; coat well with crumbs. Place on cookie sheet; chill thoroughly. Fry in deep fat (375°F) until brown; do not overcook. Drain on paper towels; place on platter. Garnish with chopped parsley.

Can be kept warm in 200°F oven until served, if desired. Can be prepared and refrigerated 24 hours before frying. Yield about 8 servings.

## deviled stuffed potatoes

4 Idaho potatoes  
1 (4½-ounce) can deviled ham spread  
 $\frac{1}{4}$  cup Parmesan cheese  
2 tablespoons chopped parsley  
2 tablespoons milk

1 tablespoon grated onion

$\frac{1}{4}$  teaspoon dry mustard

$\frac{1}{4}$  teaspoon salt

Scrub potatoes; dry. Pierce with fork. Bake in 425°F oven 55 to 65 minutes, until soft. Cut slice from top of each; carefully scoop out pulp without breaking skin.

In large bowl combine potatoes, ham spread, cheese, parsley, milk, onion, mustard, and salt; beat until light and fluffy. Pile mixture into shells. Bake in 350°F oven 20 to 25 minutes, until heated through and slightly browned on top. Yield 4 servings.

## french potato fritters

1 pound (3 medium) baking potatoes, peeled  
2 eggs  
1 egg yolk  
 $\frac{1}{4}$  cup whipping cream  
2 tablespoons melted butter





*French potato fritters*

- ½ teaspoon salt**
- ¼ teaspoon white pepper**
- ½ teaspoon onion salt**
- 1 cup flour**
- ½ cup milk**

Cut potatoes into small cubes. Cook in boiling, salted water until tender; drain. Press through ricer into mixing bowl; cool.

Combine eggs, egg yolk, and cream; beat well. Pour onto potatoes. Add butter, salt, pepper, and onion salt; mix thoroughly.

Sift flour over top; stir in with wooden spoon until blended. Add enough milk to make thick batter-like consistency. Drop from spoon onto well-greased griddle; smooth top. Cook over medium-high heat until brown; turn. Brown other side. Drizzle with additional melted butter, or

serve with freshly grated Parmesan cheese. Yield about 8 servings.

## italian potato gnocchi

- 7 medium potatoes, peeled**
- ¼ cup butter, softened**
- 2 egg yolks, lightly beaten**
- 1 cup all-purpose flour**
- Salt and white pepper to taste**
- ¼ teaspoon nutmeg**
- Melted butter**
- 1 cup grated Gruyère cheese**

Cube potatoes; cook in boiling, salted water until tender. Press through ricer into large mixing bowl. Add ¼ cup butter; mix until butter is melted. Let cool. Stir in egg yolks, flour, and seasonings with wooden spoon; work until smooth. Shape into 1½-inch balls; flatten balls with tines of fork. Dip fork in water occasionally.

Fill kettle ⅔ full with water; bring to slow boil. Lower cakes into simmering water with slotted spoon; cook until cakes rise to top. Arrange in greased baking dish; drizzle with melted butter. Sprinkle with cheese. Bake in preheated 400°F oven 20 to 25 minutes, until golden. Oven temperature can be increased to brown tops. Yield 10 to 12 servings.

## mashed potatoes

- 6 medium potatoes**
- 3 tablespoons butter**
- 1 teaspoon salt**
- ⅓ cup hot milk or cream**

Wash and pare potatoes; cook, covered, 20 to 40 minutes in boiling salted water. When tender,

*italian potato gnocchi*





## POTATOES • VEGETABLES

drain well; mash with fork or potato masher. Add rest of ingredients; beat with fork or heavy whisk until creamy. Yield 6 servings.

### new potatoes with herbed cottage-cheese sauce

2 to 3 pounds small new potatoes

Salt

*herbed cottage-cheese sauce*

½ cup plain yogurt

1 (12-ounce) carton cottage cheese, creamed in blender

1 onion, finely chopped

4 hard-cooked eggs

1 tablespoon lemon juice

Salt and pepper to taste

3 tablespoons chopped chives or thinly sliced scallions

Scrub potatoes with soft brush; do not peel. Boil in salted water 20 to 30 minutes, until tender.

Stir yogurt into cottage cheese; add onion.

Strain egg yolks through sieve; chop egg whites. Add to cottage-cheese mixture. Season with lemon juice, salt, and pepper. Stir in chives. Serve as sauce with potatoes. Yield 6 to 8 servings.

### parsley buttered potatoes

1 to 1½ pounds new potatoes

1 cup water

1 teaspoon salt

⅓ cup butter, melted

1 tablespoon dried parsley flakes

Scrape skins from potatoes with paring knife.

Bring water and salt to rolling boil. Add potatoes; cover. Simmer 20 minutes or until fork-tender; drain. Turn potatoes into serving bowl; coat with melted butter. Sprinkle with parsley. Yield 4 servings.

### pommes anna

2 pounds potatoes

½ cup melted butter

¼ cup grated onion

Salt and white pepper to taste

Peel potatoes; cut into paper-thin slices.

Brush bottom and sides of 6½ × 3-inch soufflé dish generously with butter. Arrange potatoes, overlapping slices, around sides of soufflé dish to form firm wall; cover bottom of dish with overlapping layer of potatoes. Brush lightly with butter; sprinkle lightly with onion, salt, and pepper. Repeat layers until all ingredients are used; cover lightly with foil. Bake in preheated 400°F oven 30 minutes; remove foil. Bake 30 minutes or until top is well browned; unmold on heated serving platter. Yield 6 to 8 servings.

*new potatoes with herbed cottage-cheese sauce*





*pommes anna*

*potato pancakes with chives*

## potatoes florentine (quick method)

1 (10-ounce) package frozen chopped spinach

2 $\frac{2}{3}$  cups instant mashed potato flakes

2 $\frac{2}{3}$  cups hot water

$\frac{1}{4}$  cup butter or margarine

2 eggs

$\frac{1}{4}$  cup grated Parmesan cheese

1 teaspoon salt

Pepper to taste

Thaw spinach enough to separate leaves; drain.

Mix potato flakes and water in large bowl; let stand until potatoes soak up water. Add remaining ingredients; mix well. Fold in spinach; pour into greased baking pan or dish. Bake at 350°F 40 minutes. Yield 8 servings.

## potatoes in fresh herb sauce

2 tablespoons butter or margarine

$\frac{1}{2}$  leek, sliced

1 medium onion, diced

2 ounces boiled ham, finely diced

1 $\frac{1}{2}$  cups beef bouillon

2 tablespoons all-purpose flour mixed to smooth paste with 2 tablespoons cold water

Salt and pepper to taste







*potatoes in fresh herb sauce*

- 1 tablespoon lemon juice
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped chives
- 2 sprigs fresh dill, chopped
- 2 sprigs fresh tarragon, chopped
- 1 sprig fresh thyme, chopped
- 8 to 12 new potatoes, boiled, sliced
- ½ cup plain yogurt
- Sprigs fresh herbs (garnish)

Heat butter in skillet. Add leek, onion, and ham; cook and stir until onions and leek are transparent, about 5 to 7 minutes. Add bouillon and flour-water paste; heat and stir until mixture boils and is thickened. Season to taste with salt and pepper. Add lemon juice, herbs, and potatoes; heat through. Stir in yogurt just before serving; garnish with herbs. Yield 4 servings.

## potatoes martha

- 4 potatoes
- 3 tablespoons butter
- 1½ teaspoons salt
- Dash of pepper
- ½ cup grated cheddar cheese
- 2 tablespoons chopped parsley
- ½ cup heavy cream

Cut potatoes as for French fries; soak.

Cut 48-inch length of aluminum foil; fold in half. Place potatoes in center; dot with butter.

## POTATOES • VEGETABLES

Sprinkle with salt, pepper, cheese, and parsley; pull edges of foil upward. Pour cream over potatoes; fold foil very tight. Bake in 450°F oven 1 hour. Yield 4 servings.

## potato pancakes with chives

- 2 tablespoons chopped chives
- 4 medium baked potatoes, grated
- 2 teaspoons salt
- Several twists freshly ground black pepper
- 1 tablespoon flour
- 2 tablespoons butter or margarine
- 2 tablespoons vegetable oil

Chop chives; set aside.

Peel and grate potatoes coarsely into large mixing bowl. Potatoes will accumulate potato water; do not drain. Mix in chives, salt, and pepper; work as quickly as possible, so potatoes do not turn brown. Add flour; mix well.

Melt butter in large skillet; drop potato mixture by spoonfuls into hot fat. The 3-inch pancakes will take about 3 minutes a side to become crisp and golden. Serve piping hot. Yield 4 servings.

## potato patties

- 2 cups seasoned mashed potatoes
- 1 egg or 2 egg yolks, slightly beaten
- 1 tablespoon finely chopped onion
- 1 tablespoon chopped green pepper
- 2 tablespoons butter, margarine, or oil

Combine first 4 ingredients; mix well. Shape into 6 patties; brown well in hot fat, about 4 minutes each side. Yield 6.

## roast potatoes swedish-style

- 6 baking potatoes small enough to fit in deep spoon
- 3 tablespoons melted butter
- 1 teaspoon salt
- 2 tablespoons bread crumbs
- 2 tablespoons Parmesan cheese (optional)

Peel potatoes; put in cold water to prevent discoloring. Put 1 potato in deep spoon; slice it down to edge of spoon, making slices about ⅛-inch apart. Spoon will prevent cutting through potato. Return sliced potato to cold water; slice others in same manner. Drain potatoes; pat dry. Put potatoes, cut-side-up, in large buttered baking dish; baste with some butter. Sprinkle with salt; cook 30 minutes in preheated 425°F oven. Sprinkle crumbs over each potato; baste with remaining butter. Cook 15 minutes or until golden brown and tender. Add cheese 5 minutes before potatoes are done. Yield 6 servings.

## scalloped potatoes

**1½ pounds potatoes**  
**1 can mushroom soup**  
**⅓ cup plus 1 tablespoon water**

**Butter**  
**Paprika**

Peel and thinly slice potatoes; arrange in greased 1½-quart casserole. Blend soup and water; pour over potatoes. Dot with butter; sprinkle with paprika. Bake in 325°F oven 1½ hours or until tender. Yield about 6 servings.

## shrimp-stuffed potatoes

**4 large baking potatoes**  
**2 egg yolks**  
**Half-and-half cream**  
**4 tablespoons minced fresh parsley**  
**2 tablespoons chopped chives**  
**1 cup chopped cooked shrimp**  
**½ cup grated cheddar cheese**

Place potatoes in baking pan. Bake in preheated 375°F oven 1 hour or until tender. Do not turn off oven. Cut thin slice from 1 side of each potato; scoop out pulp. Leave firm shell; reserve shells. Place pulp in medium-size mixer bowl. Add egg yolks; beat with electric mixer until smooth. Beat

in enough cream to make mixture light and fluffy. Fold in 2 tablespoons parsley, chives, and shrimp; spoon into reserved shells. Sprinkle with cheese; return to baking pan. Bake about 20 minutes, until cheese is melted and golden. Sprinkle each potato with ½ tablespoon parsley. Yield 4 servings.

## stuffed baked potatoes

**4 large baking potatoes**  
**2 slices bacon**  
**¼ cup milk**  
**¼ cup melted butter**  
**Salt and pepper to taste**  
**2 tablespoons minced parsley**

Scrub potatoes; grease with oil. Bake at 400°F 1 hour or until soft.

Fry bacon until crisp; drain on absorbent towels.

Cut potatoes in half lengthwise; scrape out insides into medium-size bowl. Mash with fork. Stir in milk, butter, salt, and pepper. Crumble in bacon. Add parsley; mix well. Pack into shells; drizzle tops with additional melted butter. Place on cookie sheet; broil 5 inches from source of heat until tops are browned. Serve immediately. Yield 8 servings.

*roast potatoes swedish-style*







shrimp-stuffed potatoes

## SWEET POTATOES

### candied sweet potatoes

**¼ cup butter**  
**6 medium sweet potatoes, cooked, pared**  
**¾ cup grape jam**  
**⅛ teaspoon ground allspice**  
**1 tablespoon slivered orange rind**

Melt butter in large skillet; add potatoes. Top with jam; sprinkle with allspice. Cook, uncovered, over low heat about 20 minutes; baste occasionally. Turn potatoes once. Just before serving, garnish with orange rind. Yield 6 servings.

*Note: Orange marmalade to which 2 tablespoons honey have been added can be substituted for grape jam.*

### hawaiian sweet potatoes

**1½ cups canned sweet potatoes plus 3 tablespoons juice**

**1 tablespoon butter or margarine**

**½ teaspoon salt**

**¼ teaspoon pepper**

**¼ teaspoon nutmeg**

**¼ teaspoon cinnamon**

**1 tablespoon brown sugar**

**¾ cup crushed cereal flakes**

**6 pineapple slices**

Combine sweet potatoes, juice, butter, salt, pepper, nutmeg, cinnamon, and brown sugar; mix until well blended.

Crush cereal in plastic bag or between waxed paper. Drop ⅓ to ½ cup sweet-potato mixture onto paper containing crushed cereal; roll into ball. Place ball on pineapple slice in greased baking pan. Repeat potato-ball and pineapple procedure until all are prepared. Heat at 350°F 20 minutes. Yield 6 servings.

### orange yams

**4 pounds yams**

**1 tablespoon butter**

## VEGETABLES • POTATOES

*sweet-and-sour yams and pineapple*

**1 tablespoon honey**

**Salt, pepper, and nutmeg to taste**

**Juice and grated rind of 2 oranges**

Boil yams in water to cover until tender; drain. Drop into cold water; slip off skins; mash. Blend in remaining ingredients; spoon into buttered casserole. Bake at 325°F about 40 minutes, until golden. Yield about 16 servings.

### spicy sweet-potato pie

**1½ cups cooked, mashed sweet potatoes**

**½ cup sugar**

**1 teaspoon cinnamon**

**1 teaspoon allspice**

**½ teaspoon salt**

**3 eggs, well beaten**

**1 cup milk**

**2 tablespoons butter, melted**

**1 (9-inch) unbaked pie shell**

Mash sweet potatoes into fine paste; mix in sugar, cinnamon, allspice, and salt. Add eggs.

Mix milk and butter; stir into potato mixture. Mixture will be fairly liquid. Pour into unbaked pastry shell. Bake at 350°F 40 to 45 minutes. Yield 6 to 8 servings.

### sweet-potato balls

**½ teaspoon salt**

**Dash of pepper**

**2 cups mashed sweet potatoes**

**4 marshmallows**

**1 cup bread or cracker crumbs**

**1 egg, beaten**

**2 tablespoons water**

**Shortening for deep frying**

Mix salt and pepper with sweet potatoes; roll into 8 balls. Put 1 marshmallow into center of each ball; roll each ball in crumbs.

Combine egg and water; dip balls into this mixture. Roll again in crumbs. Fry in heated deep shortening about 4 minutes, until golden brown and crispy; drain. Yield 4 to 6 servings.

### sweet-potato puffs

**2 cups mashed sweet potatoes**

**2 egg yolks, beaten**

**1 cup cream**

**½ teaspoon salt**

**2 egg whites, well beaten**

Mix potatoes, egg yolks, cream, and salt; heat in saucepan. When very hot, remove from heat. Add egg whites; beat until light. Pile loosely on buttered platter; brush with egg white. Heat in 350°F oven until brown. Yield 6 servings.

### sweet potatoes in orange shells

**3 oranges**

**1 (16-ounce) can sweet potatoes, undrained**



**2 tablespoons butter or margarine, melted**

**3 tablespoons packed brown sugar**

**½ teaspoon salt**

**¼ cup flaked coconut**

**6 miniature marshmallows**

Squeeze oranges; save juice. Remove membranes from orange shells.

Mash sweet potatoes. Blend in 3 tablespoons orange juice, butter, brown sugar, and salt. Stir in coconut. Spoon into orange shells; place in shallow baking pan. Bake at 350°F 20 to 30 minutes, until lightly browned on top. Top with marshmallows; bake about 5 minutes to melt and brown marshmallows. Yield 6 servings.

### sweet-and-sour yams and pineapple

**1 (20-ounce) can sliced pineapple**

**1 tablespoon cornstarch**

**¼ teaspoon salt**

**3 tablespoons fresh lemon juice**

**2 (1-pound) cans yams, drained**

**Oil**

**4 scallions, sliced**

**1 small green pepper, cut into small chunks**

**½ cup diagonally sliced celery**

Drain pineapple; reserve syrup.

Combine reserved syrup, cornstarch, and salt in saucepan; blend well. Bring to boil over medium heat; cook until thickened, stirring constantly. Stir in lemon juice.

Arrange pineapple and yams in casserole; pour sauce over. Bake, covered in 350°F oven about 30 minutes, until hot. Heat small amount of oil in skillet; sauté scallions, pepper, and celery until just tender but still crisp. Stir carefully into yam mixture. Serve immediately. Yield about 8 servings.

## SPINACH

### baked spinach with cheese

**1 pound fresh spinach, washed, dried**

**¼ pound butter**

**1 large onion, diced**

**2 cloves garlic, minced**

**½ teaspoon salt**

**½ pound Emmentaler cheese, grated**

**1 teaspoon paprika**

**⅛ teaspoon nutmeg**

**¼ teaspoon pepper**



Cut spinach into strips.

In large Dutch oven or heavy saucepot heat butter until bubbly. Add onion and garlic; sauté 2 to 3 minutes. Add spinach. Sprinkle with salt; cover. Steam 5 minutes; remove from heat.

Grease ovenproof casserole; sprinkle half the cheese over bottom. Add spinach. Sprinkle with paprika, nutmeg, and pepper. Top with remaining cheese. Bake in preheated 350°F oven about 20 minutes, until cheese bubbles. Yield 4 servings.

## **creamed spinach**

**½ cup water**

**¼ teaspoon salt**

**1 (10-ounce) package frozen chopped spinach**

**2 tablespoons butter or margarine**

**2 tablespoons flour**

**⅛ teaspoon garlic salt**

**White pepper to taste**

**¾ cup light cream**

**⅛ teaspoon ground nutmeg**

Bring water and salt to boil in medium saucepan. Add spinach; return to full boil. Break up frozen spinach with fork; cover. Reduce heat to low; cook 4 minutes. Drain well; keep warm.

Melt butter in small saucepan. Add flour, garlic salt, and pepper; stir well. Cook until bubbly. Add cream; stir well. Cook over low heat until thickened. Season with nutmeg. Combine with spinach; mix thoroughly. Garnish with hard-boiled egg slices. Yield 4 servings.

## **fried spinach and onions**

**4 tablespoons bacon drippings or lard**

**1 large onion, sliced (1 cup)**

**1¼ pounds fresh spinach leaves, washed, trimmed, stems removed**

**Salt and pepper to taste**

**⅛ teaspoon finely crushed dried red chilies (optional)**

Melt drippings in large, heavy kettle over medium-high heat. Add onion; fry, stirring frequently, until lightly browned. Add spinach; cook, tossing constantly, 3 to 5 minutes, until wilted and coated with drippings. Season with salt, pepper, and powdered chilies to taste. Yield 4 servings.

## **german-style spinach**

**1 or 2 tablespoons butter, margarine, or oil**

**½ cup chopped onion**

**1 tablespoon flour**

**½ cup water**

**1 (10-ounce) package frozen spinach**

**Salt and pepper to taste**

Heat butter in large frypan. Add onion; cook until tender. Add flour; cook and stir until mixture begins to thicken. Add water; mix until

smooth. Add spinach; cover. Cook about 15 minutes; stir occasionally as spinach thaws. Season with salt and pepper. Yield 3 servings.

## **olive spinach balls**

**1½ cups chopped cooked spinach**

**½ cup grated Cheddar cheese**

**1 egg, beaten**

**½ cup sliced ripe olives**

**½ teaspoon salt**

**1 cup buttered crumbs**

Cook spinach; squeeze out all juice. Mix spinach, cheese, egg, olives, and salt; shape into balls. Roll thoroughly in crumbs; place in greased baking pan. Bake in preheated 375°F oven 30 to 45 minutes. Yield 4 servings.

## **parmesan spinach puree**

**1½ to 2 pounds fresh spinach**

**2 tablespoons butter**

**1 tablespoon lemon juice**

**½ teaspoon salt**

**¼ cup hot half-and-half cream**

**3 tablespoons freshly grated Parmesan cheese**

Wash spinach; remove stems. Place in large pan. Add ¼ cup water; cover. Cook over medium heat 10 to 15 minutes, until spinach is tender; turn occasionally with fork. Drain well; process in blender or food processor. Add butter, lemon juice, and salt; process until pureed. Spoon into small mold; invert onto serving dish. Shape sides and level top with tines of fork. Make well in center; pour cream in well. Sprinkle cheese around sides. Serve immediately. Yield about 4 servings.

## **spinach with artichokes and wine**

**2 (10-ounce) packages frozen, chopped spinach**

**2 hard-cooked eggs, chopped**

**Dash of garlic powder**

**¼ cup melted butter**

**Salt to taste**

**12 drained artichoke bottoms**

**1 cup dry white Bordeaux wine**

**1 (8-ounce) package Port Salut, coarsely shredded**

Cook spinach; drain. Squeeze out moisture. Stir in eggs, garlic powder, butter, and salt to taste; spoon on artichoke bottoms that have been placed on cookie sheet. Bake in preheated 400°F oven 20 minutes or until hot.

Heat wine to lukewarm. Stir in cheese a handful at a time until melted and sauce is smooth. Season with salt and garlic powder. Spoon sauce over spinach and bottoms. Yield 6 servings.

## **spinach chinese-style**

**1 pound fresh spinach, washed, cut into 2-inch pieces**



*parmesan spinach puree*

**2 tablespoons oil**  
**Salt to taste**  
**1 small can bamboo shoots**  
**8 fresh mushrooms, sliced**  
**¼ cup chicken broth**

Wash spinach; cut into pieces.

Heat oil in wok or skillet. Add salt and spinach; stir-fry 2 minutes. Add bamboo shoots, mushrooms, and broth; mix. Cover; simmer about 2 minutes, until heated through. Yield 2 to 4 servings.

## spinach au gratin

**2 (10-ounce) packages frozen chopped spinach**  
**3 cups cooked rice**  
**4 eggs, beaten**  
**1 (10¾-ounce) can condensed cream of mushroom soup**  
**Dash of nutmeg**  
**1 teaspoon onion powder**  
**½ teaspoon salt**  
**¼ teaspoon pepper**  
**¼ cup grated Parmesan cheese**

Thaw, drain, and separate spinach; toss with rice.

Combine eggs, soup, and seasonings; stir into

spinach mixture. Turn into greased shallow 2½-quart casserole; sprinkle top with cheese. Bake in preheated 350°F oven 30 minutes or until firm. Yield 6 to 8 servings.

## spinach fettucini

**8 ounces cottage cheese, creamed**  
**8 ounces medium noodles, dry**  
**2 tablespoons butter or margarine, or 1 tablespoon oil and 1 tablespoon water**  
**2 small cloves garlic, minced**  
**1 (10-ounce) package chopped spinach, thawed**  
**2 tablespoons grated Parmesan cheese**  
**¼ cup chopped fresh parsley**  
**1 tablespoon fresh basil or oregano or 1 teaspoon dried**  
**Salt (or butter-flavored salt)**  
**Coarsely ground pepper to taste**

Remove cottage cheese from refrigerator 30 minutes ahead of time, to reach room temperature.

Cook noodles in boiling salted water according to package directions.

Combine butter and garlic in nonstick skillet over moderate heat; when moisture evaporates, garlic will begin to brown. Sauté garlic until



golden. Add spinach; cook and stir over low flame until heated through.

Drain noodles; rinse under hot water.

Combine hot, drained noodles, spinach mixture, and cottage cheese. Add remaining ingredients; toss lightly to combine. Serve immediately. Yield 8 servings.

## spinach in madeira

**2 pounds spinach**

**2 tablespoons butter**

**¼ cup heavy cream**

**Salt and pepper**

**Dash of nutmeg**

**¼ pound mushrooms, thinly sliced**

**2 tablespoons Madeira wine**

**Croutons**

Cook spinach in as little water as possible until barely tender. Put through finest blade of food chopper or spin in food processor. Add butter and cream; beat well. Season with salt, pepper, and nutmeg; set aside to keep hot.

Sauté mushrooms in butter until tender; add Madeira to spinach. Reheat without boiling. Garnish with croutons fried in butter. Yield 6 servings.

## SQUASH

### acorn cabbage bake

**2 large acorn squash**

**½ pound sausage meat**



**2 tablespoons butter or margarine**

**1 medium onion, chopped**

**1 small apple, pared, chopped**

**2 cups shredded green cabbage**

**2 tablespoons slivered almonds**

**¾ teaspoon salt**

**¼ teaspoon pepper**

**¼ teaspoon dried leaf thyme**

**½ teaspoon crumbled dried leaf sage**

Cut squash in half lengthwise; scoop out seeds and fibers. Place in baking pan, cut-side-down; add ½-inch water. Bake in preheated 400°F oven 20 minutes.

Meanwhile cook sausage meat in skillet until browned. Drain off excess fat; add butter to pan. Add onion, apple, cabbage and almonds; cook until vegetables are tender. Add seasonings; mix well.

Turn squash halves cut-side-up; fill centers with cabbage mixture. Return to baking pan; bake in 400°F oven 30 minutes. Yield 4 servings.

### acorn squash with sliced apples

**3 fresh acorn squash**

**Salt to taste**

**2 or 3 fresh tart apples**

**Butter**

**6 tablespoons brown sugar**

**Nutmeg to taste**

Cut squash in half; remove seeds. Place, cut-side-down, in shallow greased baking dish; add ½ cup boiling water; cover. Bake in preheated 350°F oven 10 minutes. Remove from oven; remove cover. Turn squash cut-side-up; sprinkle with salt.

Peel and core apples; cut into wedges. Fill squash cavities with apples; dot generously with butter. Sprinkle each squash half with 1 tablespoon brown sugar, then with a little nutmeg. Pour ½ cup boiling water into baking dish. Bake 30 minutes or until squash and apples are tender. Yield 6 servings.

### apple-onion acorn squash

**3 large acorn squash**

**4 medium onions, thinly sliced**

**¼ cup butter or margarine**

**4 medium red apples, cored, cut into 12 wedges each**

**Dash of salt**

**2½ tablespoons packed brown sugar**

Wash squash; cut into halves; remove seeds. Place, cut-side-down, in shallow baking dish containing a little water. Bake in preheated 375°F oven 20 minutes.

## VEGETABLES • SQUASH

While squash are baking, sauté onions in butter until soft, about 5 minutes. Add apples; cook until tender, about 7 to 9 minutes. Salt to taste. Stir in brown sugar.

Remove squash from oven; turn right-side-up. Stuff squash halves with apple-onion mixture; return to oven (*without* water in pan). Bake 25 to 30 minutes, until squash are tender. Yield 6 servings.

### baked squash

Small Hubbard squash

3 tablespoons butter or fat

3 tablespoons chopped onion

2 tablespoons chopped green pepper

1 teaspoon salt

$\frac{1}{8}$  teaspoon pepper

$\frac{1}{8}$  teaspoon paprika

$\frac{1}{4}$  cup fine bread crumbs

Cut squash in pieces; pare. Boil in salted water 30 minutes or until tender. Drain; mash.

Melt butter. Add onion and green pepper; sauté slowly 5 minutes. Add onion, green pepper, salt, pepper, and paprika to squash; mix well. Turn into greased baking dish; sprinkle with crumbs, salt, and pepper. Bake in preheated 400°F oven 25 minutes. Yield 6 servings.

### baked summer squash with almonds

6 small yellow squash

Salt and pepper to taste

$\frac{1}{4}$  teaspoon sage

2 tablespoons sugar

1 cup shredded almonds

4 tablespoons butter

1 egg

$\frac{1}{2}$  cup toasted crumbs

Paprika

Boil squash 10 minutes in salted water; remove from water. Cut a slice from one side of each squash; remove centers with spoon. Season with salt, pepper, sage, and sugar.

Sauté almonds in butter. Add to mixture; mix well. Add egg and half the crumbs. Fill squash cups with mixture; place on baking sheet. Top with buttered crumbs; sprinkle with paprika. Bake in preheated 350°F oven 30 minutes. Yield 6 servings.

### stuffed acorn squash

2 acorn squash, halved, seeded

3 tablespoons butter or margarine, melted

1 cup grated carrot

$\frac{1}{2}$  cup chopped pitted prunes

$\frac{1}{2}$  cup chopped dates

$\frac{1}{4}$  teaspoon nutmeg

Place squash, cut-side-down, in baking pan with small amount of water. Bake in preheated 350°F oven 30 minutes.

Combine remaining ingredients. Turn squash cut-side-up; fill with prune mixture. Bake 25 to 30 minutes, until squash are tender. Yield 4 servings.

### stuffed summer squash

3 tablespoons oil

1 onion, chopped

$\frac{3}{4}$  pound chopped cooked meat

1 cup chopped mushrooms

1 tablespoon flour

1 cup gravy or tomato sauce

1 tablespoon soy or Worcestershire sauce

1 tablespoon mixed herbs

$\frac{1}{4}$  cup leftover peas, beans, carrots, corn, or rice

1 summer squash, about 2 pounds

3 tablespoons dried white bread crumbs

A little melted butter

2 tablespoons chopped parsley

Heat oil; cook onion until golden brown. Add meat and mushrooms; cook 2 minutes. Sprinkle with flour; mix in. Add enough gravy to moisten; do not make too soft. Add soy sauce, mixed herbs, and vegetables.

Cut squash in half lengthwise; remove seeds. Or cut into 1½-inch-thick rings; remove seeds. Boil 5 minutes; drain. Put in buttered ovenproof dish; fill with meat mixture. Sprinkle with dried white bread crumbs. Pour a little melted butter over it. Pour remaining gravy around squash. Cook in preheated 375°F oven about 35 to 50 minutes, according to thickness of squash. Test with skewer; when tender, sprinkle with parsley. Yield 4 to 6 servings.

### summer squash in cream

4 medium to small summer squash

Salt and pepper

3 tablespoons butter or margarine

1 cup all-purpose cream

1 tablespoon chopped parsley

Butter deep baking dish.

Peel squash; remove seeds. Slice squash into dish. Sprinkle with salt and pepper; dot with butter. Place in preheated 400°F oven; cover. When tender, add cream; cook, uncovered, until slightly browned. Sprinkle with parsley. Serve in cooking dish. Yield 6 servings.

### summer squash and tomatoes

3 medium-size or 6 small yellow summer squash

1 small onion



**2 slices bread**  
**2 cups fresh or canned tomatoes**  
**½ teaspoon salt**  
**Pepper to taste**

Slice squash. Chop onion. Cut up bread.

Mix all ingredients in saucepan; cover. Boil gently about 30 minutes, until squash is tender and flavors are blended. Add salt and pepper. Yield 6 servings.

## **ZUCCHINI**

### **fried zucchini**

**3 to 4 medium zucchini, sliced into rounds**  
**1 egg**  
**1 tablespoon milk**  
**3 tablespoons flour**  
**1 teaspoon salt**  
**1 teaspoon garlic salt**  
**Deep fat for frying**

Wash zucchini; slice into rounds about ¼ inch thick. Set aside.

Combine egg, milk, flour, salt, and garlic salt in bowl; mix well to form batter. Dip each zucchini round into batter; fry in deep fat. Batter zucchini when ready to fry, so each piece is coated; fry until crisp and golden brown. Drain on paper towels. Serve hot. Yield 4 to 6 servings.

### **layered zucchini**

**6 cups sliced zucchini, about 1¾ pounds**  
**½ pound ground beef**  
**1 small clove garlic, minced**  
**1 (8-ounce) can tomato sauce**  
**1 teaspoon salt**  
**¼ teaspoon dried oregano leaves**  
**¼ teaspoon dried basil leaves**  
**1 cup small-curd cottage cheese**  
**1 egg, beaten**  
**1 tablespoon parsley flakes**  
**¼ cup dry bread crumbs**  
**1 cup shredded mozzarella cheese (4 ounces)**

Cook zucchini in boiling salted water in saucepan until tender-crisp, about 5 minutes; drain.

Cook beef and garlic in skillet until beef is browned, about 5 minutes. Stir in tomato sauce, salt, oregano, and basil.

Stir together cottage cheese, egg, and parsley.

Place half of zucchini in greased 8-inch-square baking pan; sprinkle with half of crumbs. Spread with half of cottage-cheese mixture, then with half of beef mixture and half of mozzarella. Repeat layers; reserve remaining mozzarella. Bake in 350°F oven 25 minutes. Sprinkle with reserved cheese; return to oven just long enough to melt cheese, about 3 minutes. Yield 4 or 5 servings.

### **scalloped zucchini squash**

**6 cups thinly sliced zucchini squash**  
**1 cup boiling water**  
**¾ cup medium White Sauce (see Index)**  
**2 eggs, beaten**  
**1 teaspoon salt**  
**½ teaspoon Worcestershire sauce**  
**1 teaspoon finely chopped onion**  
**¼ cup fine dry bread crumbs**  
**1 tablespoon butter or margarine, melted**

Cook squash in boiling water until tender, about 5 minutes; drain.

Make White Sauce. Stir a little into eggs; gradually stir eggs into remaining sauce. Stir in salt, Worcestershire sauce, onion, and squash. Put in greased 1-quart casserole.

Mix crumbs with butter; sprinkle over squash mixture. Bake in preheated 325°F oven about 35 minutes. Yield 6 servings.

### **stuffed zucchini**

**4 medium zucchini squash (about ¾-pound each)**  
**1 pound ground beef (or ½-pound beef and ½-pound sausage)**  
**¼ cup olive oil**  
**1 clove garlic, chopped**  
**1 medium onion, chopped**  
**½ cup chopped green pepper**  
**1 tablespoon chopped parsley**  
**½ teaspoon crumbled dried oregano**  
**Salt and pepper**  
**1 cup fresh bread crumbs from French or Italian bread**  
**1¾ cups tomato sauce**  
**¼ cup grated Parmesan cheese**

Slice zucchini in half lengthwise. Scoop out pulp; chop.

Sauté meat in oil until it loses pink color. Add garlic, onion, and green pepper; cook 5 minutes. Remove from heat. Add squash pulp, parsley, oregano, salt, pepper, crumbs, and ¼ cup tomato sauce; mix well. Stuff squash shells with mixture; place in shallow baking dish. Top with 1½ cups tomato sauce; sprinkle with cheese. Bake in preheated 350°F oven 40 minutes. Yield 4 servings.

### **stuffed zucchini japanese-style**

**Zucchini, medium size (½ zucchini per serving)**

#### **stuffing**

**1 pound meat (ground beef, ground veal, or leftover ground meat)**

**Salt**

**Pepper**



*stuffed zucchini japanese-style*

**Ginger**  
**Soy sauce**  
**Tomato sauce**

Cut zucchini in half; scoop out centers. Pat dry before filling.

Mix meats as for hamburgers; season well. If desired, add a little ground ginger and small amount of soy sauce to meat mixture. Fill zucchini with mixture. Bake in shallow baking pan in pre-heated oven 350°F oven about 45 minutes, until browned. Serve with tomato sauce. Yield 4 to 6 servings.

## **stuffed zucchini par excellence**

**6 carrots, sliced**  
**12 shallots, peeled**  
**4 cups beef broth**  
**4 medium zucchini**  
**2 slices bread**  
**¼ cup milk**  
**1 pound (2 cups) ground lean lamb**  
**1 teaspoon thyme**

**2 teaspoons salt**  
**1 teaspoon pepper**  
**2 eggs, beaten**  
**¼ cup tomato paste**  
**Melted butter**

Place carrots, shallots, broth, and 1 cup water in Dutch oven or heavy casserole; bring to boil. Simmer until tender.

Prepare zucchini while vegetables are cooking. Peel each zucchini; cut in half lengthwise. Hollow out centers.

Remove crusts from bread; soak in milk. Combine bread and lamb in mixing bowl. Add seasonings, eggs, and tomato paste; mix well. Fill each zucchini half with mixture; fit halves together. Brush generously with butter; wrap each zucchini loosely in aluminum foil.

Remove carrots and shallots from broth; set aside.

Place wrapped zucchini carefully in broth; simmer covered, 1 hour. Remove zucchini.

Return carrots and shallots to broth to reheat.

Unwrap zucchini; place in serving dish. Arrange carrots and shallots around zucchini; pour broth over. Yield about 8 servings.





*zucchini in bread crumbs with cheese*

## **zucchini delight**

**1½ pounds** smallest freshest zucchini  
**½ cup** onion, preferably Bermuda, sliced as thin as possible

*stuffed zucchini par excellence*



## **SQUASH • VEGETABLES**

**¾ cup** olive oil  
**2 tablespoons** minced garlic  
**1 large (2-pound)** can imported Italian plum tomatoes  
**1½ teaspoons** salt  
**1½ teaspoons** pepper  
**1½ teaspoons** dried basil

If you have a food processor, slice all zucchini with slicing blade. Otherwise slice zucchini, skin and all, as thin as possible.

Slice onion to same thickness as zucchini; sauté onion in oil in ovenproof pot large enough to accommodate all ingredients. Onion should be soft and just turning color. Add garlic; sauté quickly.

Chop tomatoes; add with juice from can to onion mixture. Simmer 20 minutes. Add zucchini, salt, pepper, and basil. Place in preheated 350°F oven, uncovered; cook 30 minutes. After 30 minutes, if there is too much liquid, turn oven higher; let some evaporate. Yield 4 or 5 servings.

## **zucchini in bread crumbs with cheese**

**2 pounds** small zucchini  
**¼ cup** butter  
**¼ cup** salad oil  
**1½ cups** cooked rice  
**½ cup** freshly grated Parmesan cheese  
**½ cup** grated sharp cheddar cheese  
**Salt and pepper** to taste  
**2 eggs**, slightly beaten  
**Dry bread crumbs**  
**Melted butter**

Cut ends from zucchini; steam until tender. Reserve 2 zucchini for garnish; dice remaining zucchini.

Combine butter and oil in Dutch oven or heavy saucepan; heat until butter is melted. Add rice and zucchini; sauté until golden, stirring frequently. Stir in cheeses until melted. Add seasonings; let cool slightly. Stir in eggs quickly; pour into greased baking dish. Sprinkle generously with crumbs.

Slice reserved zucchini; arrange around diced-zucchini mixture. Drizzle butter over top; broil about 6 inches from heat source until lightly browned and bubbly. Yield 6 to 8 servings.

## **zucchini italian**

**2 tablespoons** butter or shortening  
**1 onion**, sliced into rings  
**1 pound** zucchini, sliced (2 to 3 cups)  
**1 cup** diced fresh tomatoes  
**1 teaspoon** salt



## VEGETABLES • TOMATOES

### **Dash of pepper**

#### **1 teaspoon dillweed**

Heat butter in medium skillet. (Use skillet with its own top.) Cook onion rings in butter until yellow. Add remaining ingredients; cover. Lower heat to simmer; cook 10 to 15 minutes, until vegetables are tender.

If you want this for company and want to make it ahead, put cooked vegetables in casserole dish; sprinkle with grated cheese. Just before serving, put into preheated moderate oven 5 minutes or until cheese has browned. Yield 4 servings.

## TOMATOES

### **baked tomato neptune**

**6 large firm tomatoes**

**¼ cup chopped green sweet pepper**

**¼ cup grated carrots**

**2 tablespoons minced fresh onion**

**¼ cup melted butter**

**¼ cup all-purpose flour**

**2 teaspoons salt**

*baked tomato neptune*





2 teaspoons sugar  
 ¼ teaspoon freshly ground pepper  
 ¾ cup coarsely chopped cooked shrimp  
 1 (8-ounce) package frozen King crab meat, flaked  
 1 cup coarsely chopped cooked lobster  
 3 tablespoons dry sherry  
 2 tablespoons finely chopped parsley  
 2 tablespoons fine bread crumbs  
 1 tablespoon butter

Cut ¼-inch slice from stem end of each tomato. Scoop out pulp, leaving firm ¼-inch shell; reserve pulp.

Sauté green pepper, carrots, and onion in melted butter in large saucepan 5 minutes. Stir in flour, salt, sugar, and pepper. Add reserved pulp; cook over medium heat, stirring constantly, until mixture comes to boil and thickens. Stir in shrimp, crab meat, lobster, sherry, and parsley. Spoon mixture into tomato cups; arrange in greased, shallow baking dish. Sprinkle with crumbs; dot with butter. Bake in preheated 375°F oven 15 minutes or until heated through. Garnish tops with additional parsley, if desired. Yield 6 servings.

## broiled tomatoes

4 medium tomatoes

*garlic butter*

¼ cup butter  
 1 teaspoon garlic salt  
 ¼ teaspoon white pepper  
 ¼ teaspoon dry mustard

Wash tomatoes; place upside down on broiler pan. With sharp knife, slash skins in "X" design.

Make Garlic Butter. Melt butter; stir in garlic salt, white pepper, and dry mustard.

Brush tomatoes with Garlic Butter.

Place broiling pan in farthest slot from flame. Broil tomatoes 2 minutes; remove from broiler. Baste with Garlic Butter. Return to broiler; broil 3 minutes. Yield 4 servings.

## cheese-stuffed tomatoes

4 medium tomatoes  
 2 ounces blue cheese  
 2 ounces cottage cheese  
 2 tablespoons evaporated milk  
 1 stalk celery  
 ¼ teaspoon salt  
 ¼ teaspoon paprika  
 ½ teaspoon chopped chives  
 4 lettuce leaves

Wash tomatoes; slice off tops. Scoop out seeds.

Crumble blue cheese with fork; blend with cottage cheese and milk.

Mince celery; add to cheese. Season with salt and paprika; fill tomatoes with mixture. Sprinkle



*cheese-stuffed tomatoes*

chives over top; place tomato tops back on. Serve on lettuce leaves. Yield 4 servings.

## dilled tomato cups with peas

4 medium tomatoes

*dill butter*

2 tablespoons butter, melted  
 ½ teaspoon salt  
 ¼ teaspoon white pepper  
 ½ teaspoon dried dillweed  
 ½ cup water

1 cup peas, frozen

Slice tops from tomatoes; spoon out centers, being sure not to damage structure of tomato walls.

Melt butter. Add salt, white pepper, and dillweed. Brush insides of tomatoes with Dill Butter. Bake in preheated 400°F oven 15 minutes or until tender.

While tomatoes are baking, bring ½ cup water to rapid boil. Add peas; cook 8 to 10 minutes, until tender. Fill tomato halves with hot peas. Serve immediately. Yield 4 servings.

## fried green tomatoes

4 medium green tomatoes, sliced ½ inch thick  
 1 teaspoon salt  
 ½ teaspoon pepper  
 1 teaspoon dillweed  
 1 cup cornmeal  
 Fat for frying

Wash and prepare tomatoes.

Mix seasonings with cornmeal in pie plate. Batter each tomato slice; be sure both sides are coated.

Heat fat to 375°F in medium skillet. Cook tomatoes until brown on both sides; drain on paper towels. Yield 4 to 6 servings.

## VEGETABLES • TOMATOES

### green tomato pie

6 to 8 medium green tomatoes, peeled, sliced

1 lemon, thinly sliced

2 tablespoons cornstarch

2 tablespoons water

1 cup sugar

2 tablespoons butter

½ teaspoon ground cinnamon

¼ teaspoon salt

1 frozen pie shell and frozen top crust or pie-crust mix

Boil tomatoes and lemon; cover. Simmer 10 minutes, until tomatoes appear transparent.

Combine cornstarch and water; add to tomato mixture. Add sugar, butter, cinnamon, and salt; stirring constantly, bring to boil. Boil 1 minute; remove from heat.

Follow pastry instructions for baking 2-crust pie. Place filling in pie; add top crust. Seal; flute edges. Cut steam vents in top crust. Bake in preheated 425°F oven approximately 35 minutes. Serve at room temperature. Yield 8 servings.

### hot herbed tomatoes

¼ cup butter

1 teaspoon brown sugar

½ teaspoon salt

Dash of pepper

4 or 5 firm ripe tomatoes, peeled

¼ cup chopped celery

2 tablespoons chopped parsley

2 tablespoons chopped chives

½ teaspoon oregano (optional)

Melt butter in large heavy skillet; add sugar, salt, and pepper. Place tomatoes core-side-down in skillet; cover. Simmer 5 minutes. Carefully turn tomatoes; spoon butter mixture over. Add remaining ingredients; simmer, uncovered, 5 minutes. Spoon sauce over tomatoes before serving. Yield 4 or 5 servings.

### marinated sliced tomatoes

¼ cup salad oil

1 tablespoon lemon juice

½ teaspoon minced garlic

½ teaspoon salt

½ teaspoon oregano

4 large tomatoes, peeled, sliced

Combine all but tomatoes; mix well. Pour over tomatoes; marinate several hours. Yield 3 or 4 servings.

### stewed tomatoes

6 to 8 tomatoes, peeled

2 tablespoons vinegar

2 tablespoons lemon juice

1 teaspoon sugar

1 onion, diced

1 teaspoon garlic salt

1 teaspoon basil

1 teaspoon marjoram

½ teaspoon pepper

Simmer all ingredients in saucepan until tomatoes fall apart. Yield 4 to 6 servings.

*stuffed baked tomatoes*







## stuffed baked tomatoes

**4 large tomatoes**  
**¼ cup butter or margarine**  
**½ cup finely chopped onions**  
**½ teaspoon salt**  
**¼ teaspoon black pepper**  
**¼ teaspoon oregano**  
**2 cups bread crumbs**

### Parsley

Thoroughly wash tomatoes; dry on paper towel. Remove tops from tomatoes with sharp knife. Save tops for later use. Scoop centers from tomatoes; reserve ½ cup for later use.

Heat butter in medium-size skillet. Add onions; cook until tender. Add ½ cup reserved tomato centers to onions; cook until tomato pieces are mushy.

Combine spices and crumbs. Add cooked vegetables and butter. Work bread and vegetables with hands until well combined and stuffing mix has formed. If stuffing is too dry, add more

*stuffed tomatoes and zucchini*  
 melted butter. Fill tomato cavities with mixture. Place tomatoes close together in slightly greased baking pan. If tomatoes are small enough, they can be baked in greased muffin tin. Replace tomato tops. Bake in preheated 350°F oven 30 minutes or until fork-tender. Carefully arrange on serving platter. Garnish with fresh parsley. Yield 4 servings.

## stuffed tomatoes and zucchini

**4 medium zucchini**  
**2½ cups fine soft bread crumbs**  
**⅓ teaspoon oregano**  
**4 tablespoons melted Garlic Butter (see Index)**  
**¼ cup shredded Gruyère or Emmentaler cheese**  
**Salt and pepper to taste**  
**Freshly grated Parmesan cheese**  
**4 firm ripe tomatoes**  
**½ teaspoon minced chives**

## VEGETABLES • TOMATOES

**1 teaspoon finely chopped parsley**

**½ teaspoon chopped tarragon**

**Melted butter**

Trim ends from zucchini; cut in half lengthwise. Scoop pulp from centers into bowl. Invert shells onto wire rack. Mash pulp with fork. Add 1 cup crumbs, oregano, 2 tablespoons Garlic Butter and Gruyère cheese. Season with salt and pepper; mix well. Spoon into zucchini shells; sprinkle tops generously with Parmesan. Place in jelly-roll pan.

Cut tomatoes in half crosswise; scoop out centers into bowl. Invert shells onto wire rack to drain thoroughly. Drain juice from pulp; reserve juice. Combine pulp, remaining crumbs and half the herbs; mix well. Add remaining Garlic Butter and enough reserved tomato juice to moisten. Season with salt and pepper. Spoon into tomato shells; sprinkle tops with remaining herbs. Place stuffed tomato halves in jelly-roll pan. Drizzle zucchini and tomato halves generously with melted butter. Bake zucchini in preheated oven 375°F oven 40 minutes; add tomatoes last 15 minutes of baking period. Bake until heated through and golden. Serve immediately. Yield 8 servings.

### tomatoes rockefeller

**3 large tomatoes, cut in half, seeds removed**

**2 tablespoons finely chopped onion**

**1 tablespoon finely chopped parsley**

**2 tablespoons butter or margarine**

**½ cup chopped cooked spinach, drained well**

**¼ teaspoon salt**

**⅛ teaspoon pepper**

**¼ teaspoon paprika**

**2 tablespoons bread crumbs**

Place tomatoes in shallow baking dish, cut-side-up.

Mix rest of ingredients except crumbs. Divide and spread evenly over tomatoes; top with crumbs. Bake in preheated 375°F oven 15 minutes or until crumbs are toasted and tomato heated. Yield 6 servings.

### tomatoes stuffed with chicken or tuna

**6 medium-size fresh tomatoes**

**¾ teaspoon salt**

**1 tablespoon finely chopped onion**

**2 tablespoons butter or margarine**

**1 cup cooked or canned chopped chicken or tuna**

**½ cup bite-size shredded wheat, rice, or corn cereal**

**1 egg, slightly beaten**

**¼ teaspoon Worcestershire sauce**

**¼ cup corn, wheat, or rice flakes, crushed**

**1½ teaspoons butter or margarine, melted**

**6 sprigs parsley (optional)**

Wash tomatoes; remove thin slice from stem end of each. Scoop out pulp; save. Sprinkle inside of tomatoes with ¼ teaspoon salt; invert tomatoes to drain 30 minutes.

Cook onion in 2 tablespoons butter in large frypan until lightly browned, about 5 minutes. Add 1¼ cups tomato pulp, chicken, cereal, egg, ½ teaspoon salt, and Worcestershire sauce; cook 3 minutes, stirring often. Fill each tomato with stuffing.

Mix crushed cereal flakes with melted butter; sprinkle over tomatoes. Place tomatoes on baking sheet. Bake 30 minutes in preheated 400°F oven. Garnish with parsley. Yield 6 servings.

### tomatoes stuffed with spinach

**4 boxes frozen chopped spinach**

**10 to 12 medium tomatoes**

**Salt**

**3 tablespoons butter or margarine**

**1 onion, grated**

**¾ to 1 cup sour cream**

**½ cup grated Parmesan cheese**

**Freshly ground pepper**

**Dash of cayenne**

**Bread crumbs**

Cook spinach according to package directions. Drain; cool.

Wash tomatoes; do not peel. Cut off tops; scoop out insides. Sprinkle with salt; invert to drain. Scooped-out centers can be used in sauce or for stewed tomatoes.

Melt 1 tablespoon butter in skillet; sauté onion until soft but not brown. Add with sour cream and cheese to spinach. Season with salt, pepper, and cayenne. Stuff into tomato shells. Top with crumbs and dabs of butter. Place in oiled or foil-lined baking dish. Bake in preheated 350°F oven about 25 minutes. Yield 10 to 12 servings.

## TURNIPS

### glazed turnips

**2 pounds white turnips, peeled, quartered**

**2 tablespoons vegetable oil**

**1 to 1½ cups beef bouillon**

**1 tablespoon butter or margarine**

**3 tablespoons sugar**

**2 tablespoons minced parsley**

Blanch turnips in boiling salted water to cover 5 minutes; drain. Pat dry with paper towels. Sauté in hot oil 3 minutes to brown lightly. Pour in bouillon barely to cover. Add butter and sugar;



cover. Boil slowly 20 to 30 minutes, until turnips are just tender. Uncover; boil liquid to reduce to thick syrup. Gently top turnips; coat with glaze. Place in vegetable dish or around a roast; sprinkle with parsley. Yield 6 servings.

### turnips au gratin

**2 tablespoons butter or margarine**

**2 tablespoons flour**

**¼ teaspoon salt**

**1 cup milk**

**3 cups diced cooked turnips**

**1 cup (4 ounces) cheddar cheese, shredded**

Melt butter in saucepan. Stir in flour and salt until smooth. Add milk slowly, stirring rapidly to prevent lumping. Bring to boil; stir constantly. Gently mix white sauce and turnips; pour into baking dish. Sprinkle with cheese.

Bake in preheated 375°F oven about 20 minutes, until cheese melts. Yield 6 servings.

### turnip bake

**1 pound rutabagas**

**½ pound white turnips**

**4 slices bacon, diced**

**¼ cup chopped onion**

**1 cup water**

**Salt and pepper**

**Chopped parsley**

Peel rutabagas and turnips; cut into small cubes.

Cook bacon in heavy skillet until crisp; remove from pan. Crumble; reserve.

Add onion to bacon fat in skillet; cook until tender. Add water, salt, and pepper; bring to boil.

Combine rutabagas, turnips, and reserved bacon in 2-quart casserole. Add boiling water and onion; cover. Bake in preheated 350°F oven 45 minutes or until fork-tender. Sprinkle with chopped parsley. Yield 6 servings.

### vinegar turnips

**About 2 pounds turnips**

**1 cup sugar**

**⅓ cup vinegar**

**1 cup water**

**3 tablespoons salt**

Peel turnips; slice very thin. Put into bowl or, preferably, crock.

Combine remaining ingredients in saucepan; bring to boil. Pour over turnips; mix gently but thoroughly. Cover; refrigerate 5 days. Yield 6 servings.



# VENISON

## graustark venison

- 1 (6-pound) leg of venison
- Salt to taste
- 1 recipe Marinade for Game (see Index)
- 6 strips salt pork
- 3 pounds small potatoes
- Butter
- Salt
- White pepper to taste
- 2 tablespoons minced fresh parsley
- 2 (10-ounce) packages frozen brussels sprouts
- ¼ cup chopped walnuts
- 2 tablespoons all-purpose flour
- 1 cup beef broth

Season venison with salt; place in shallow pan. Pour marinade over. Refrigerate 24 hours; turn occasionally. Remove venison from marinade. Strain marinade; reserve. Place venison on rack in shallow baking pan; place salt pork over venison. Bake in preheated 450°F oven 25 minutes. Reduce oven temperature to 325°F; bake about 3 hours, until venison is well done, basting occasionally with half the reserved marinade.

Peel potatoes; cut in half. Cook in boiling, salted water about 15 minutes, until tender; drain. Add 6 tablespoons butter, salt, pepper, and parsley; mix until potatoes are coated. Keep warm.

Cook brussels sprouts according to package directions until just tender; drain.

Melt ¼ cup butter in medium-size saucepan. Add the brussels sprouts; sauté 5 minutes, stirring constantly. Add walnuts; sauté, stirring, 5 minutes. Keep warm.

Place venison on one side of long, hot platter; keep warm.

Pour pan drippings into saucepan; add remaining marinade. Bring to boil.

Blend 2 tablespoons butter with flour. Add to marinade mixture; stir until blended. Add broth slowly, stirring constantly; bring to boil again. Cook 1 minute; pour into gravy boat.

Place potatoes on other side of platter; place brussels sprouts over potatoes. Serve with gravy.

One pound fresh cooked brussels sprouts can be used instead of frozen variety. Yield 8 to 10 servings.

## ozark-style venison stroganoff

- 1½ pounds venison
- 1 recipe Marinade for Game (see Index)
- All-purpose flour
- ¼ cup vegetable shortening
- 1 (6-ounce) can mushrooms

- 1 onion, finely chopped
- 1 clove garlic, pressed
- 1 can cream of tomato soup
- ¼ teaspoon hot sauce
- 1 tablespoon Worcestershire sauce
- ½ teaspoon salt
- 1½ cups sour cream

Cut venison into 1½-inch cubes; place in bowl. Pour marinade over; marinate several hours, turning occasionally. Drain off marinade. Dredge venison with flour; brown in hot shortening in skillet.

Drain mushrooms; reserve liquid. Add onion, garlic, and mushrooms to venison.

Combine soup, reserved mushroom liquid, hot sauce, Worcestershire sauce, and salt; stir into venison mixture. Simmer 1 hour; stir occasionally. Stir in sour cream just before serving; heat through, but do not boil. Serve over rice or mashed potatoes. One-quarter pound fresh mushrooms, sliced and sautéed in butter, can be substituted for canned mushrooms. Yield 6 servings.

## venison loaf

- 2 pounds ground venison
- 2 pounds bulk pork sausage

*graustark venison*



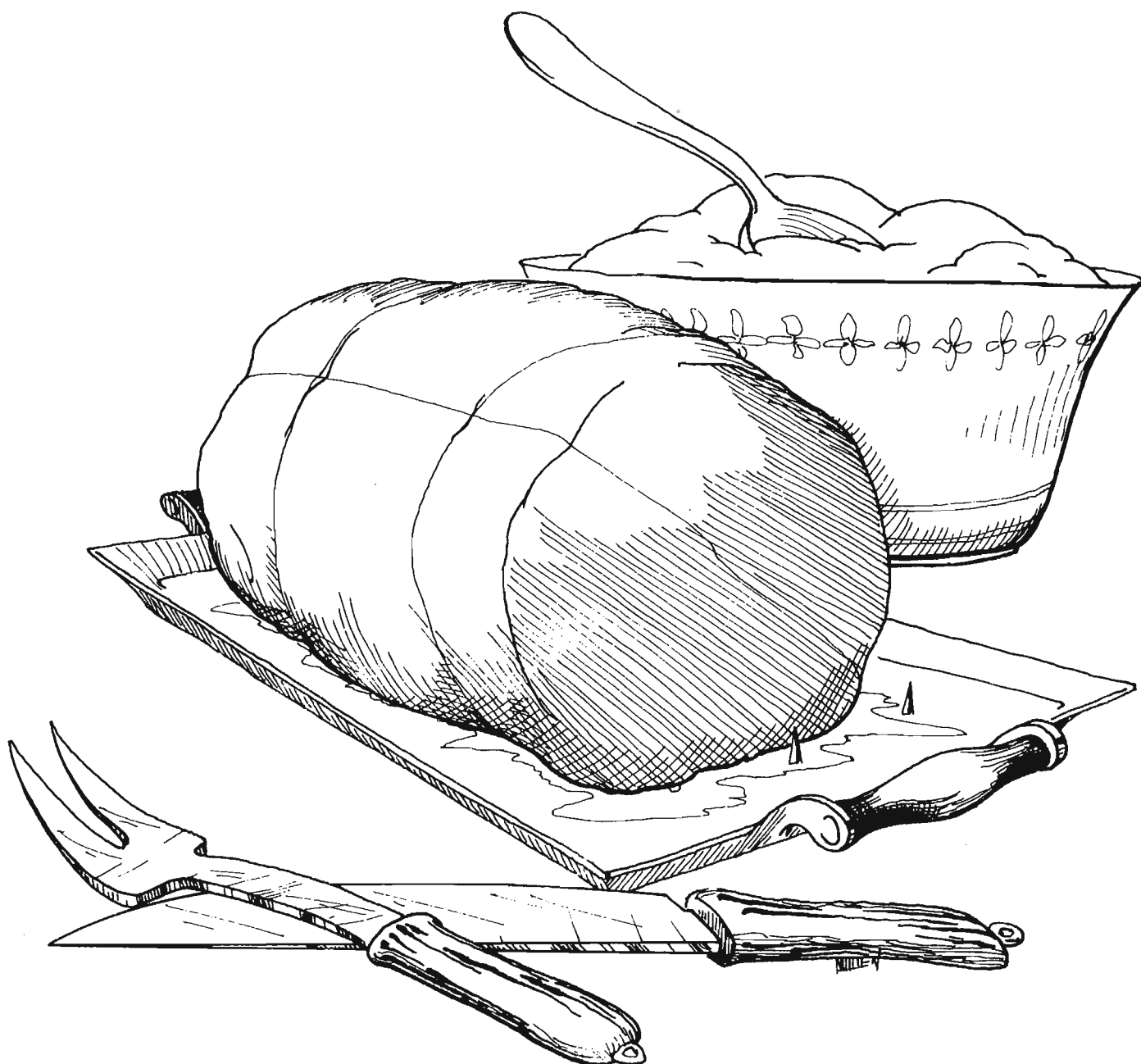


## VENISON

**2 medium onions, finely chopped**  
**1½ cups cracker crumbs**  
**1 cup evaporated milk**  
**3 eggs, lightly beaten**  
**2 cups Barbecue Sauce (see Index)**  
**1 teaspoon salt**  
**½ teaspoon freshly ground pepper**

Place venison, sausage, onions, and crumbs in

large bowl; mix well. Add milk, eggs, 1 cup Barbecue Sauce, salt, and pepper; blend well. Chill 15 minutes. Shape into 2 loaves; place in large, greased baking pan. Bake in preheated 350°F oven 30 minutes. Spoon remaining Barbecue Sauce over loaves; bake 45 minutes. Yield 8 to 10 servings.



# WAFFLES

## basic waffles

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- 2 tablespoons sugar
- 3 eggs, separated
- $1\frac{3}{4}$  cups milk
- $\frac{1}{2}$  cup vegetable oil

Sift flour with baking powder, salt, and sugar 3 times; place in mixing bowl.

Beat egg yolks until frothy; stir in milk and oil. Pour into flour mixture; beat with rotary beater until smooth.

Beat egg whites until stiff peaks form; fold into batter. Pour enough batter for each waffle onto hot waffle iron; bake until golden. Serve immediately with butter and syrup or honey. Yield about 8 waffles.

## pecan waffles

- $1\frac{1}{2}$  cups flour
- $1\frac{1}{2}$  tablespoons sugar
- $2\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 3 eggs, separated, whites beaten stiff
- $1\frac{1}{2}$  cups milk
- 5 tablespoons melted butter
- $\frac{1}{4}$  cup chopped pecans

Measure dry ingredients into 4-cup measure; set aside.

Beat egg yolks until thick; combine with milk and butter. Add dry ingredients. When batter is well mixed, gently add pecans. Fold in egg whites. Bake in hot waffle iron. Serve with syrup or cinnamon-sugar mixture. Yield 5 or 6 servings.

## raspberry sour-cream waffles

- 1 cup fresh raspberries
- 2 cups sweetened whipped cream
- $\frac{3}{4}$  cup strong brewed coffee
- $\frac{3}{4}$  cup milk
- 1 cup sour cream
- 1 egg
- $\frac{1}{4}$  cup vegetable oil
- $1\frac{1}{2}$  cups pancake mix

Fold raspberries into whipped cream; chill.

Combine coffee, milk, sour cream, egg, and oil in bowl; blend well. Add pancake mix; beat with electric mixer until smooth. Pour onto hot waffle iron; bake until steaming stops. Repeat with remaining batter. Serve immediately with whipped-cream mixture.

One-half cup raspberry jam can be substituted for fresh raspberries, if desired. Yield about 4 servings.

*basic waffles*





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